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Kim!
On Kanye, North and baby #2

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GLAMOUR 2015 Sept

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Kim Kardashian West cover photography: Patrick Demarchelier; Fashion editor: Jillian Davison; Hair: Oribe for Oribe Hair Care; Makeup: James Kaliardos at Art + Commerce; Manicure: Gina Viviano at abtp.com; Producer: Brachfeld; Additional photography: Aubrey Johnson. Patrick Demarchelier; Additional cover photography: Peggy Sirota. Kim wears: **shirt** and **skirt** both Donna Karan; **underpinning** Vionnet; **earrings** Sophie Bille Brahe; **bracelet** Maison Margiela Line '12' Fine Jewellery Collection

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TREND ALERT!



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22 **Bursaries from Boston City Campus & Business College** worth R20 000 each
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GLAMOUR gold Look out for GLAMOUR Gold. This is the highest accolade we can give, and it's your instant route to the very best style or value buys of the month.

GLAMOUR green Look out for GLAMOUR Green. These eco-friendly buys help you to help Mother Earth when you go out and shop!



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THE NEW FRAGRANCE FOR WOMEN

GLAMOUR confidential

Loving your work!

Wondrous women, we salute you!

We surely had high hopes when we launched our GLAMOUR Women of the Year awards six years ago. But ambitious as we were, we had no idea of just how impactful and prestigious this GLAMOUR initiative would become in later years.

Talent runs broad and deep in our land, and the biggest challenge has been choosing the final winners when there are so many potentials to choose from. It's a long process that starts with nominations from previous winners and ends with an online reader vote and GLAMOUR Women of the Year event in association with Valpré.

The results are in this issue, and they are nothing short of amazing – these eight SA women are made of 100% awesomeness. So get set to be inspired and delighted. Who knows? Your turn may be next as you –

Live the life. *Fill it with* **GLAMOUR!**



Pnina Fenster

Pnina Fenster, editor



The diva's in the detail – as evidenced by senior fashion editor Andrea Albertyn (above) and hair and makeup pro Kelli Fuchs, with Nhlanhla Nciza (below).





Sunshine and sneakers: behind the scenes at our GLAMOUR Women of the Year 2015 shoots



Life through a lens: Lerato Kganyago with photographer Aubrey Johnson in Joburg.



ABOVE Sebastian Voigt preparing to photograph Hannerie Visser in her Cape Town studio. LEFT We love the sneakers Gezelle Magerman wore for her shoot.

Meet all our great winners on page 81.



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Cover photography: Marvin Scott Jarrett, Patrick Demarchelier, Peggy Sirota; Pnina Fenster photography: Nikola Borissov, Fashion We Like. **Offer closes 30 September 2015. SMSes cost R1.50 each. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. Errors will be billed. See 'The get it guide' page for terms and conditions. Please allow 4-6 weeks for delivery of first subscription copies.*

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GLAMOUR

Question of the month

What will your wedding song be?

The GLAMOUR team responds.



Editor Pnina Fenster
pnina@condenast.co.za
I have two: Leonard Cohen's 'Dance me to the end of love' and Frank Sinatra's take on 'Strangers in the night'. Very romantic!

Deputy Editor and Beauty Director Michelle Brownlee Smith
michelleb@condenast.co.za
We chose 'You're the first, my last, my everything' by Barry White.

Managing Editor Staci Lazarus
staci@condenast.co.za
Our wedding song was Boyce Avenue's acoustic version of 'A thousand years' by Christina Perri.

Art Director Stefania Origgi
stefania@condenast.co.za
Something groovy like 'Disco inferno' by the Trammps. I'm all about the dance.

Senior Copy Editor Karen Tennent
karent@condenast.co.za
I'll have to discuss it with my future hubby!

Senior Fashion Editor Andrea Albertyn
andrea@condenast.co.za
It's probably clichéd, but I have loved and wanted 'At last' by Etta James for my wedding since I was a little kid.

Junior Fashion Editor Lori Herbert
lori.herbert@inl.co.za
'Ho hey' by the Lumineers.

Senior Designer Gino Martini
gino@condenast.co.za
An answer that's going to have to wait a little longer… I don't want to jinx it!

Junior Designer Leanne Staebler
leanne@condenast.co.za
Being an old soul, it has to be 'Always and forever' by Luther Vandross.

Features Writer Nandi Ndlovu
nandi@condenast.co.za
I can't think of anything more appropriate or romantic than 'I choose you' by Ryan Leslie.

Syndication and Editorial Assistant Micarla Lucas-Kadir
micarla@condenast.co.za
It was my favourite song of all time – Michael Bublé's 'The way you look tonight'.

Fashion Assistant Mandy Nash
mandy@condenast.co.za
'No one's gonna love you' by Band of Horses. This song gives me the warmest fuzzy feelings!

Beauty Assistant Lesley Mathys
lesley@condenast.co.za
Sade's 'By your side', and this is non negotiable!

Promotions Executive Lauren Williams
promotions@condenast.co.za
It would have to be 'Back at one' by Brian McKnight – classic and romantic.

GLAMOUR work experience Basheerah De Villiers, Inés Arimany, Sabrina Sigal

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Condé Nast Independent Magazines (Pty) Ltd, 2nd floor, 220 on Loop, Loop Street, Cape Town, 8001
postal address PO Box 16414, Vlaeberg, 8018
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JOHANNESBURG OFFICE Condé Nast Independent Magazines (Pty) Ltd, 2nd floor, The Star Building, 47 Sauer Street, Johannesburg, 2001
postal address PO Box 1014, Johannesburg, 2000
tel 011 639 7100 **fax** 011 639 7169
SUBSCRIPTION ENQUIRIES
tel 086 010 0203 **fax** 086 670 4101
email subs@ramsaymedia.co.za

REPRODUCTION Hirt & Carter **PRINTING** CTP Gravure
DISTRIBUTION RNA, 12 Nobel St, Industria West, 2093; Product Manager Jannie Junius tel 011 248 3500

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ISSNs 1728 8770

Photography: Lauren Kriedemann

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ELIE SAAB

LE PARFUM

GLAMOUR alert

It's all about you – your opinions, your style… tell us everything!

Star letter

We get tons of emails and letters each week. Here's this month's pick.



When my friend left us six months ago to become a Jihadi bride, I didn't know what it entailed. But reading the article about Jihadists in your June issue really opened my eyes to the truth.

Although I'll never understand her reasons for doing what she did, I hope she'll return to us soon. We miss you, Yaj!

Thank you for running this story so that those losing friends and family to IS know what it means, and are better able to cope.

– **Judi Zietsman**, via email

WRITE TO US…

Judi has won an Escada Joyful Moments Limited Edition EDP worth R865! Send your letter, email or GLAMOUR-to-go pic to glamour@condenast.co.za, or GLAMOUR Mailbag, PO Box 16414, Vlaeberg, Cape Town, 8018 and stand the chance to win a great prize, too!



GLAMOUR TO GO!

Congratulations to Njinga Kankinza, pictured in Istanbul, Turkey. She's won a pair of Vogue Eyewear sunglasses worth R1 300! Send us a pic of yourself with a recent copy of GLAMOUR in an interesting spot and you could win, too!



SEE IT, SHARE IT

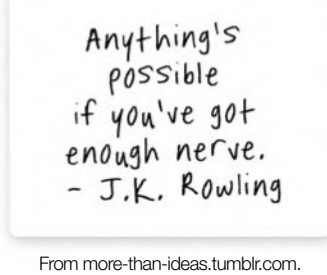
Some of our favourite forwards this month. Share yours with 'GLAMOURsa' on Pinterest.



Aww! From wedding.jexshop.com.



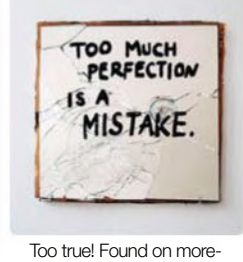
It really is. Found on etsy.com.



From more-than-ideas.tumblr.com.



From happyfoodhealthylife.com.



Too true! Found on more-than-ideas.tumblr.com.



SHORT 'N TWEET @GLAMOUR_sa

Excited for @_Mimco's luxurious 'Code Afriquette' collection. Thanks @GLAMOUR_sa #mimcoxglamour. – @londiMbokazi

Thanks @GLAMOUR_sa for including *Summertime* in '8 Books to take on a road trip' @orionbooks Let's go! – @VanessaLafaye

The @DrMiracles No Lye Relaxer has won 2nd place in the @GLAMOUR_sa Gold Hair Awards 2015. – @StyleStudioSA

When a Monday morning starts with an email from @NandiLiCiOuS @GLAMOUR_sa. This week's going to be good! – @traceylange

@GLAMOUR_sa 'Hey, it's OK…' always cracks me up. "If you just have to pop the bubble wrap." Lol! – @CharityChangwe

Back home. Just had the most amazing shoot with @GLAMOUR_sa in Botswana with the best team ever. – @glenmontgomery_

My gf's 1st choice of magazine @GLAMOUR_sa. – @ltumeleng_ZA

The Holy Grail of assignments; asked to contribute to @GLAMOUR_sa. Thanks! – @cloudsdrummond

Kerry Washington cover photography: Peggy Sirota; Stills photography: Colleen Coppenhall/DIS. Tweets and star letter edited for grammar.

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Glamourama

News, views and DOs and DON'Ts



September's style DO

It's all about **Modern Prairie**

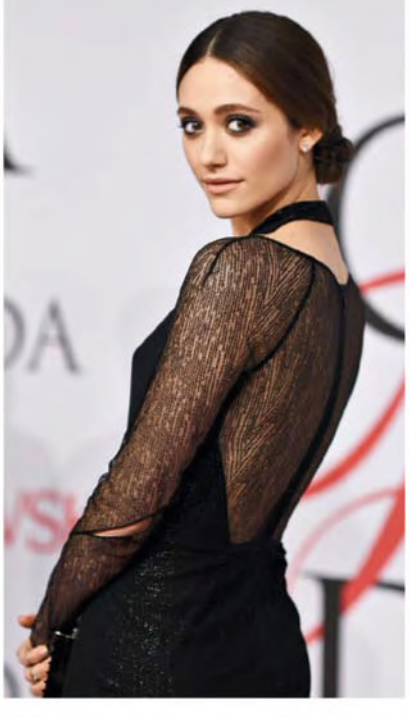
Sexy corseting and strong lines meet angelic details in the designer take on *Little House on the Prairie* style. Ralph Lauren, a long-time lover of Western touches, led the catwalk charge with feathered skirts and knits, while the Givenchy offering (worn by the stellar Leila Nda, here) was pure saloon showgirl. Vintage stores watch out – here we come!

Photography: Peter Lindbergh; Fashion editor: Grace Coddington; Model: Leila Nda



DO tell! What is the weirdest request you've had from a fan?

Adorers may seem less than adorable when they ask for something peculiar. To find out just how peculiar, we asked these seven celebs.





Kate Beckinsale

"I haven't had a strange request as much as a strange photograph I received of somebody wearing nothing but a shower cap. I kind of liked it, but I kind of hated it."

Chrissy Teigen

"People want to meet my mom. People love her. The thing is, my mom should stop talking to people. She's giving out my email address."

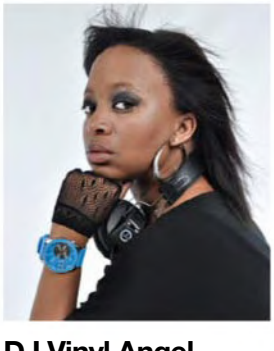
Emmy Rossum

"For my firstborn, or to marry them. That happens a lot."



Shashi Naidoo

"A fan once came up to me to ask if he could take a picture of my feet."



DJ Vinyl Angel

"I get lots of questions about fans' sex lives, as if I'm somehow an expert."



Dineo Moeketsi

"A woman asked me to say happy birthday to her husband, but he didn't know that she'd done it."



Zoë Brown

"A guy asked me to feature in his song 'I need your smile'. When it comes to singing, it's best for me just to smile!"

DON'T miss these breakout stars

It's been a huge year for these three songbirds. They share, here.



TINASHE

22, FROM KENTUCKY, US

Like many other performers, Tinashe began singing because of a break-up – but not the kind you might be thinking of.

"The split of The Stunners is what pushed me to create my own material," she says of her former girl group, who opened for Justin Bieber.

The star's silky voice and fresh sound caught the attention of RCA Records, and they signed her after hearing two mixtapes that she had recorded in her home studio. "That's where I can get really personal," Tinashe explains.

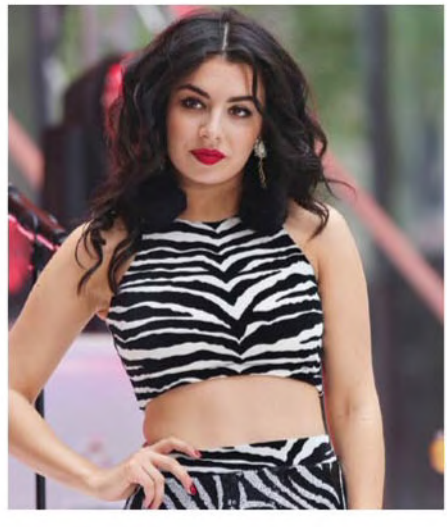
She proved her place in the game with the top 40 single '2 on'. So what inspired her to become a recording artist in the first place? "No one's ever told me I couldn't," she says.

CHARLI XCX

23, FROM CAMBRIDGE, UK

This self-proclaimed blabbermouth sings "I just wanna break the rules", but swears that she can be "quite a quiet person." Such is the paradox of Charli XCX (Charlotte Aitchison), the playful, unpredictable punkette who's poised to redefine the pop music landscape.

"I never thought I'd be asked to write songs for people like this," the It-Brit says of collab requests from Rihanna, Gwen Stefani and Britney Spears. Though Charli has two albums and a tour with Katy Perry under her belt, she didn't always believe in her power: "I was quite unsure of myself while working on my first record. I've definitely become more fearless."





MEGHAN TRAINOR

21, FROM NANTUCKET, USA

"I've shown everyone that I'm not just some girl who is sassy and dances," Meghan says of her famous track. "I can sing my butt off, too."

And she doesn't only rub elbows with famous friends like Sam Smith and Becky G – she joins some of them in the studio. One particularly killer collaboration: a duet she wrote with One Direction's Harry Styles. "Performing a love song in front of Harry is terrifying. He was one of the first celebs I met," she reveals. "It's a cute number called 'Someday maybe'. It needs a good home." She adds, "I still get blown away when people recognise me!"

DO try the sideswept swoosh

Apply volumiser, toss hair to one side – it's a DO.



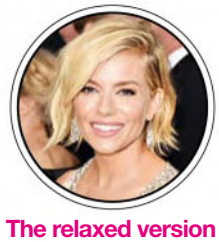
The original

Cindy Crawford started it: side part, lots of volume and a major flip.



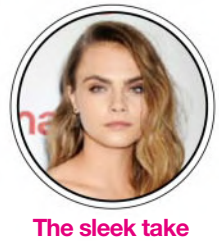
The vamp

Andra Day combines masses of wild curls with dramatic makeup.



The relaxed version

Sienna Miller's chic cut and mini swoop frame her eyes.



The sleek take

Swap volumiser for gel to get **Cara Delevingne's** sexy, just-showered look.

Text: Jeffrey Slonim, Nandi Ndlovu, Willa Paskin, Maxwell Losgar, Tehrene Firman, Liana Weston; Photography: Gallo Images/Getty Images, Gallo Images/Wire Images, Tim Hulme, Etv EkSe Zwakala, Leeroy Jason

Anatomy of a DO!

Now this is the way to do the off-duty model look! And no wonder. It's Miranda Kerr who's doing it.



1

When going sheer, be sure to wear a bra, slip or cami in a similar or matching colour. Bright hues can look tacky.

2

The trench is a true classic, and it looks relaxed and modern like this – draped over Miranda's shoulders for easy warmth.

3

Slim-fit, medium blue denims are a wardrobe staple. Cool embroidery adds detail and elongates Miranda's already long legs.

4

Another classic: cowboy boots! And they don't need to be new. (In fact, old has greater character.)

5

A structured designer bowling bag and huge sunnies add polish and sophistication.

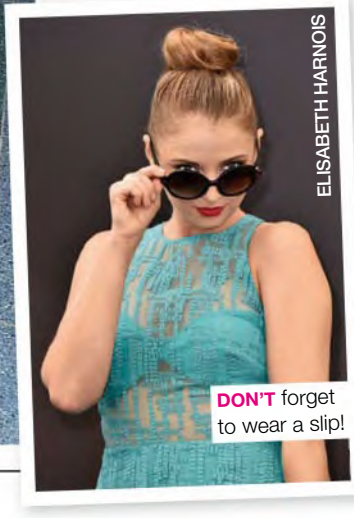
DOs and DON'Ts of going sheer



Well-placed sheer panels **DO** sex up a nighttime LBD.



DON'T go so sheer that we see every detail on your bra.



DON'T forget to wear a slip!



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DO get used to this face

With two new movies out at the moment, you're in for a double dose of hot actor Joel Kinnaman. Yup, we're OK with that, too.

At 190cm, Joel Kinnaman, 35, is a tall drink of water. The Swedish import, with his perfect American accent, has solved brutal crimes as a detective in the TV series *The Killing*, rebooted *RoboCop* and dallied off-screen with Olivia Munn. Recently, he's played a Soviet agent in the period thriller *Child 44* and an action hero alongside Liam Neeson in *Run All Night*. But even with his movie-star status, he'll tell you all about his Shakespeare-tattoo mistake.

GLAMOUR You have two films out this year. Will you do TV again?

JOEL After four seasons of *The Killing*, I think it's going to be a while until I go back to TV. I am quite restless, and it takes patience to stay with one character for such a long time, even though it's rewarding.

GLAMOUR You were raised with five sisters. Do you think that upbringing has given you a better insight into women?

JOEL I think that some guys are born into an environment where you don't take what a woman says as seriously as when a man says it. That always seemed really strange to me. I'm used to being around strong women.

GLAMOUR We're all for strong women! Now tell us, we hear that you have a pretty funny tattoo from Shakespeare's famous play *The Tempest*...

JOEL Yes, it's in Swedish, but in English the quote is, "We are such stuff as dreams are made on, and our little life is rounded with a sleep." I was kind of hungover when I got it, so I asked them to ink 'dream' instead of 'sleep'.

GLAMOUR That's hilarious! What would you do if not acting?

JOEL Acting was the first thing that I felt I might be good at, and that was a great feeling. I didn't have anything else that made me feel that way, and I have no idea what else I'd do. I really hit the jackpot!

DO step up

What's not to love about accessible designer shoes?

This year, ALDO RISE is excited to announce its collaboration with Misha Nonoo, a New York-based fashion designer whose fans include Emma Watson, Gwyneth Paltrow and Sarah Jessica Parker. And that, in any shoe lover's books, is cause for celebration, especially since the brand's collaborations with the likes of Preen, Patrik Ervell and Ostwald Helgason have been a big success. Let's go shopping!

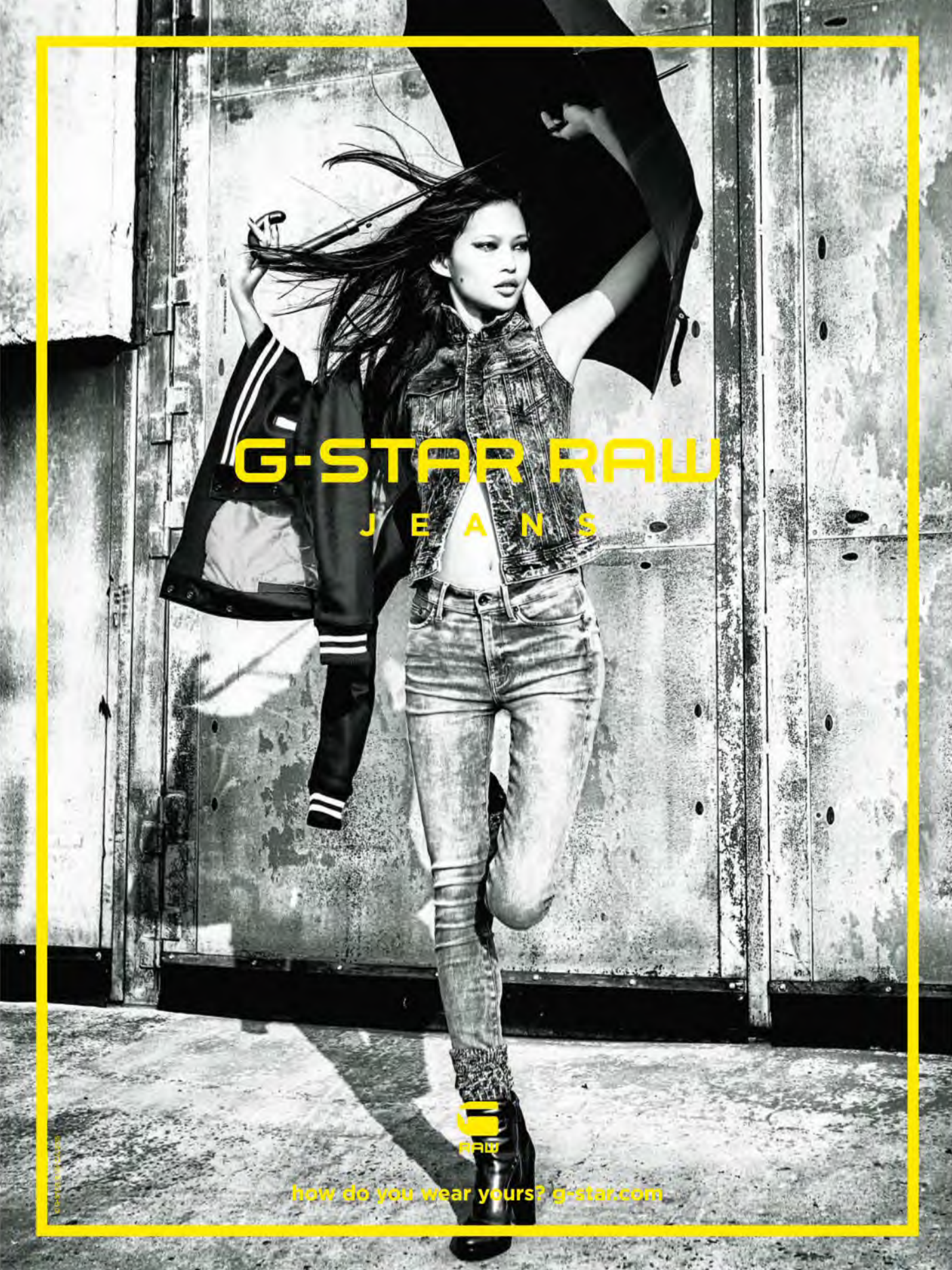
Who is Misha Nonoo?
Born in Bahrain and raised in London by an Iraqi father and English mother, Misha Nonoo established her brand of the same name in New York in 2011. Her high-quality craftsmanship showcases a unique outlook on the sophisticated urbanite suffused with an adventurous spirit for everyday life.

What inspired the spring/summer 2015 Misha Nonoo x ALDO RISE collection?
"I was inspired by the American artist Dustin Yellin; he works with glass which he layers to create three-dimensional collages. The stiletto in our collection, for example, uses fine straps that overlap and wrap around the foot. I love juxtaposing heritage with contemporary art and culture," she says.

What can we expect in the range?
For ALDO RISE, expect strappy stilettos in orchid, navy or ivory; point-toe ballerina pumps with removable laces; and fold-over clutches with metallic details.

What other key styles can be found in ALDO stores this season?
Look for fringing on heels and flat sandals. Then there are pumps in polka dots and graphic florals, sport-inspired sneakers in brights, as well as the mania of mock snakeskin.




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RAW
how do you wear yours? g-star.com

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In order to be eligible for this competition, you will need to meet the requirements of the course you select. Find all of the details at boston.co.za. Boston City Campus & Business College also offers career counselling to help you find the course or qualification that will be best for you.

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Find out who won this competition on GLAMOUR.co.za next month!

Photography: Mark Cameron. *'Comp closes 30 September 2015. SMSes cost R1.50 each. Errors will be billed. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. See 'The get it guide' page for terms and conditions. Valid for 12 months. Bursary cannot be redeemed for cash. Not transferable to another course.*


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ANDREW GN

The new season!

Style lovers alert! Our fashion and beauty editors proudly present the top new trends.

Photography: Alessandro Zeno/IMAXtree.com

"I know what women want. They want to be beautiful." – Valentino

Trend alert!

Our fashion and beauty teams have been hard at work! Meet their pick of the new season directions and upgrades.



1

BLACK LEATHER

Pleather, leather, ostrich and mock croc are coming on sleek and strong. Try a beautifully shaped **dress** (Style Republic at Spree.co.za R390) or a **peplum jacket** (Zara R859).



2

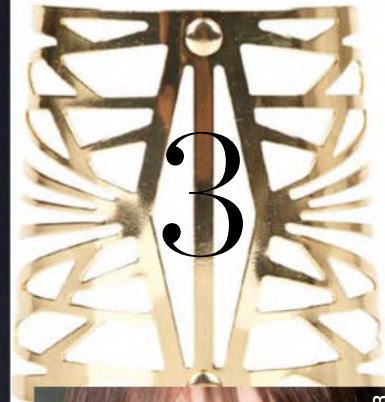


AZTEC PRINTS

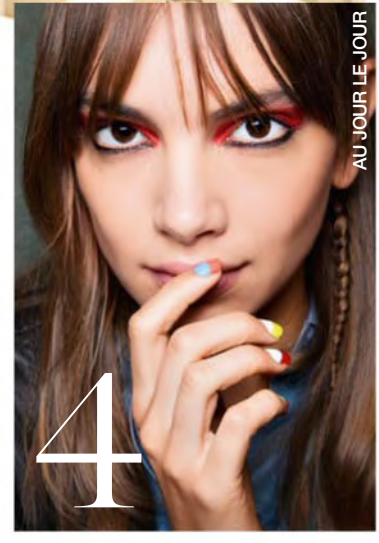
Tribal prints are an easy way to introduce fun, graphic elements into your wardrobe, from **jerseys** (River Island R649) to **shorts** (Mr Price R80). Mix them together or pair with neutrals.

CUFFS

Express your inner Golden Girl with a trend that's all about the oversized factor. We adore the laser cut on this **cuff** (Style Republic at Spree.co.za R59).



3



4

BLOCK ART NAIL COLOUR

Choose contrasting shades. Apply the lightest first to the whole nail and let it dry. Stick tape horizontally across your nail. Apply the second colour and allow to dry. Remove tape and add a top coat for strength. Clean edges.

Photography: Alessandro Lucioni/IMAXtree.com, Matteo Scarpellini/IMAXtree.com, Matteo Volta/IMAXtree.com, Andrea Adriani/IMAXtree.com, Alessandro Zeno/IMAXtree.com, Antonello Trio/IMAXtree.com. Gallo Images/Getty Images, Gallo Images/Wire Images; Stills photography: Andre Wepener/Pixel Lounge, Condé Nast Digital Studio

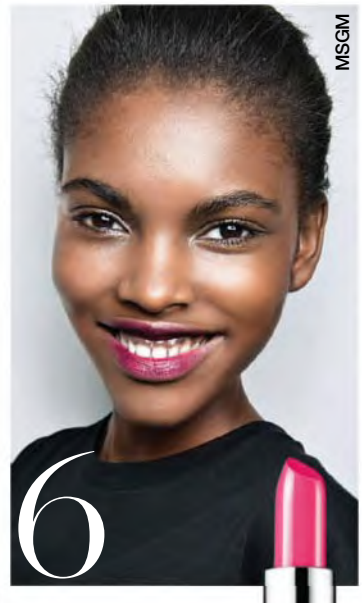

GENNY

5


GLAMOUR gold PURSE-FRIENDLY

POLKA DOTS

Feminine and exuberant, polka dots always look fresh, whether you wear them on a **blouse** (Mr Price R80) or on **slingbacks** (Edgars R280).


MSGM

6

BRIGHT LIPS

Pinks, reds and corals are all big news. Add a splash of colour with a lip primer and colour in one: **Clinique Pop Lip Primer** in Wow Pop (R275).


GLAMOUR gold INTENSE HUE

7

FLORALS

They're delicate on jewellery (**earrings** Pandora R729), cool on a **dress** (Karen Millen R4 800) and pretty on a **purse** (Colette by Colette Hayman R230). Spring is bursting into bloom.


MARNI



8

ORIENTAL SCENTS

Spicy, vibrant scents are given a new and inventive twist: a wash of sweet vanilla followed by unexpected notes, like the candied dried fruit of **Yves Saint Laurent Noble Leather** EDP 100ml (R2 900) and the aquatic hints in **Paco Rabanne Olympéa** EDP 50ml (R925).





9

BLUE HUES

Add a touch of azure to your beauty kit with [1] **Inglot AMC Gel Liner** (R189), [2] **Chanel Stylo Cream Eye Shadow** in 117 Azulejo (R440) or [3] **Physicians Formula Shimmer Strips Custom Eye Enhancing Mascara Duo** in Blue Eyes (R199). As for nails, [4] **Kangol No Time For Shine Matte Finish Nail Polish** in Palace Blue (R59) is a regal shade with a modern edge.

10

NAUTICAL

Designers set sail for nautical looks, like this **top** (R249) and **skirt** (R299 both Zara). **Wedges** (ZOOM R599) make everything feel catamaran chic.


EMPORIO ARMANI






TRACY REESE



11

STRAPS

Gladiator sandals are a big thing this season, from sweet flats to sexy stiletto styles. Be a Roman goddess in these **heels** (Kurt Geiger at Spitz R1 995).



12

BIG JEWELS

Sometimes more is more, and this is definitely one of those times, especially when it comes to your jewellery box. **Statement necklace** (Lovisa R280).

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13



BRIGHT EYEWEAR

If you're investing in new sunglasses, pick a fashionably bright pair. **Sunnies** (Dolce & Gabbana at Luxottica R8 775).

14



LUXE SKINCARE

Rare and exclusive skin ingredients are trending right now! Scientists are bringing us these revitalising finds: **Estée Lauder Re-Nutriv Ultimate Diamond Sculpting/ Refinishing Dual Infusion** (R4 000) contains French truffle; **La Prairie Anti-Aging Rapid Response Booster** (R3 470) boasts a powerful cocktail of anti-ageing peptides.





METALLICS

Add glamour to any look. **Bag** (Paul's Boutique at Superbalist.com R1 699); **brogues** (Madison at Superbalist.com R499).

15



BCBGMAXAZRIA

16

NUDE HUES

Sophisticated, elegant and romantic, nudes are showing up on accessories, clothes and makeup. Go for **heels** (Madison at Zando.co.za R499), **nail polish** (**Essie Nail Lacquer** in All Eyes On Nudes, R124.95) or a **clutch** (GUESS R1 199).

Get five tips on wearing nudes on page 40.



WHISTLES

17



MESH

Think net, laser cuts and all manner of mesh. **Top** (R999) and **skirt** (R1 199 both Country Road at Woolworths).





Lipidol is a range of six new oils for daily skincare. Featured product: Lipidol Cleansing Face Oil 125ml. Removes dirt and make-up without stripping the skin's natural oily layer. Available at selected Clicks stores at the recommended retail price of R79.95. lipidol.com

ORANGE

From **heels** (Luella R699) to **swimming costumes** (Ted Baker R1 100) and **backpacks** (Charles & Keith R1 299), orange is surely the new black. Don't want to wear it all over? Go for impactful details.


BALMAIN

18

GLAMOUR gold INVESTMENT



19



FENDI

PASTEL EYES

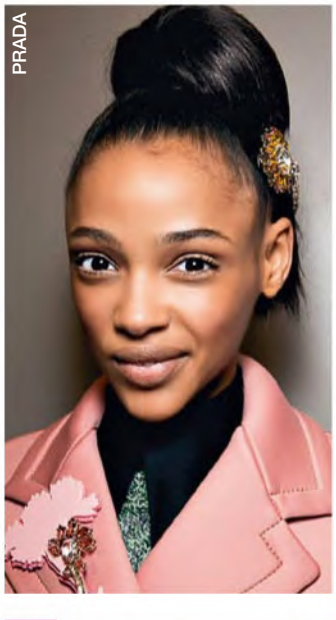
Give your eyelids a wash of fresh, garden-inspired colour. Picking up on the runway look; [1] **L'Oréal Paris Colour Riche Powder Eyeshadow** in Chameleon (R99.95), [2] **Gosh Quattro Eyeshadow Palette** in Tempting Purple (R24.95) and [3] **Almay Eyeshadow** in Seafoam (R65).

21

BOWLING BAGS

A favourite style of Louis Vuitton and the It-bag of the season, invest in a bowling **bag** (GUESS R2 099) today. Tip: if you're petite, go for a smaller, neat version to avoid being bowled over!




PRADA

20

PUFFED-UP SIDE PONYTAIL

To get the look, pull your hair into a tightly tied high ponytail. Tie a hair elastic halfway down your pony, and cover it by wrapping a piece of hair around it. Push the upper half of your ponytail slightly up to create the bump, and secure it all with a bejewelled hair clip. Finish with hairspray.



GLAMOUR gold STATEMENT

REPTILE PRINTS

Animal lovers, fear not! These sexy, snaky pieces may reflect a real trend, but that's where the real stops. **Skirt** (River Island R699) and **heels** (Foschini R420).



22



Canal Walk, Cavendish, Clearwater, Eastgate, Gateway, Menlyn, Sandton, Cresta, Tyger Valley, V & A Waterfront, Pavilion / Tel no: 011 911 1200, www.swatch.com

swatch

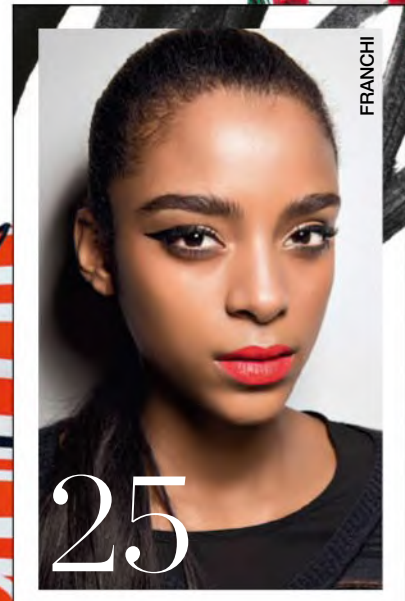

PAUL SMITH

24

TROPICAL PRINTS

Island paradise, here you come, exotic blooms, bright colours, parrots and all! And if Nicole Miller's Rio de Janeiro-inspired offerings are anything to go by, you'll certainly be in vogue. **Dress** (Ted Baker R2 500).


TRACY REESE


FRANCHI

25

GRAPHIC LINER

The bombshell cat eye is still a go-to look for makeup artists the world over. To get it right, trace your lash line with an eyeliner pencil, like **L'Oréal Paris Super Liner** (R149.95), so you have a guide, then go over that with liquid liner using short, quick flicks. It's much easier than trying to achieve a straight line in one stroke!

26



FRINGING

It's one of the biggest trends at the moment, and we're delighted that it's been extended from jackets, bags and skirts to **heels** (Zara R1 199).

27

MASCULINE WATCHES

There's something wonderfully cool and nonchalant about a heavy, masculine watch on a feminine wrist. Borrow from the boys with this **watch** (Fromanteel at Superbalist.com R7 799).



23

STRIPES

Follow the line as stripes, from broad to fine, move from the runway into the real way, courtesy of figure-fixing buys like this **sundress** (Dusud R1 900).

We've got more stripes from our shoot on page 104!



STEVE MADDEN



CANAL WALK **EASTGATE** **FOURWAYS** **SANDTON**

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28

CASUAL WAVES

Very model-off-duty sexy (look to the likes of Chanel Iman and Gigi Hadid as proof), beachy hair is super simple. Start with clean, air-dried hair. Spritz on a curl-enhancing spray, like **Marc Anthony Dream Waves Beach Spray** (R139.95). Then, using a flatiron, take random sections of hair and twist your wrist as you glide through to create some movement. We love the travel-sized **Veaudry iStyler** (R1 190). Run your fingers through your hair to loosen the waves. Spritz with **TRESemmé 24 Hour Body Lasting Hold & Bounce Finishing Spray** (R79.99).



GLAMOUR gold SEXY SIZE

YELLOW

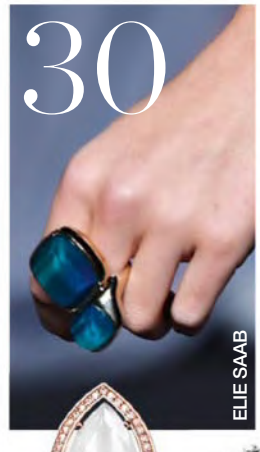
We're walking on sunshine! **Dress** (Karen Millen R3 900); **watch** (Obaku at CJR Gift Sales R1 395); **sandals** (Charles & Keith R599); **credit-card purse** (Bloss & Co R395).

29

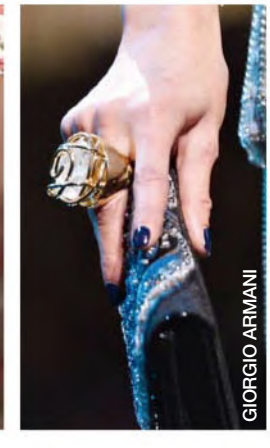




30









XXL RINGS

They're big, they're bold and they're beautifully now. Express your personality (and your love of bling!) with a sterling silver **oversized ring** (Thomas Sabo R9 960) or perhaps a **floral version** (Pandora R1 399).

G SEE EVEN MORE GREAT NEW-SEASON TREND UPDATES AT **GLAMOUR.CO.ZA**.


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WELL SLUNG
When your daily messenger bag looks this good, it doesn't matter what you're carrying! By **Jane Sews** (R1 499). Visit janesews.co.za.



DESIGNER FLARE
This A-line dress by **'Tonian Closet** (R400) is a great figure-fixer. Call 078 269 2116.

shop z.a.

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NON-EUROPEAN



SITTING PRETTY
Add a natural touch to your home with a Malawi chair by **Ashanti** (R1 200). Call 021 461 0367.

FUNNY BUNNY
Great for the garden or inside, this LED rabbit sculpture at **Stable** (R2 000) is sure to elicit smiles. Call 021 426 5922.



STYLISH STACK
Go rustic with terracotta plates (from R150) and bowls (from R99) by **Leon at CCXIX**. Visit leonat219.com.



BUCKETS OF STYLE
A bucket bag with fringing? That's two trends in one! By **Missibaba** (R6 900). Visit missibaba.com.



WRISTY BUSINESS
Put your hand up for this Boho-feel, chrysoprase bracelet by **Joya** (R299). Visit joya.co.za.



PILE UP
Cushions by **Skinny laMinx** (from R345) make a beautiful gift. Call 021 424 6290.



Photography: Simon Deiner/SDR; Fashion assistant: Mandy Nash

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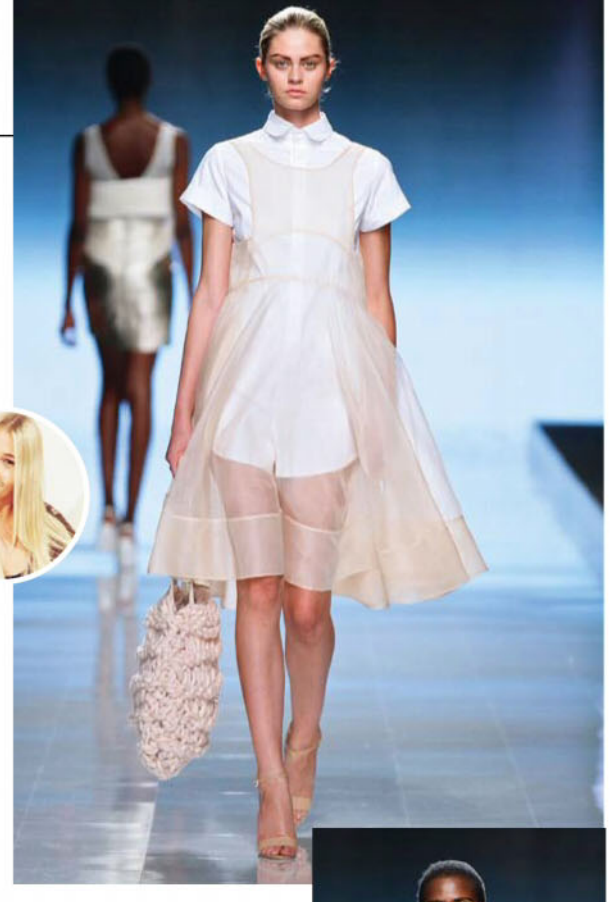

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NIVEA.co.za

5 Things to know about nude hues

BY TAMARA CHÉRIE

Tamara Chérie, the designer behind the award-winning luxury womenswear brand of the same name, gives her tips for spring, here.







1 Buy classic pieces
The nude palette is feminine, chic and always on trend. The best investments are refined styles, so try these in nude tones: tailored trousers, lightweight V-neck knits, a jumpsuit, a shirtdress, and a twinset jersey and skirt combo.

2 Flatter your skin
You can wear nudes from top to toe, or accent them with metallics and seasonal pop colours like duck-egg blue or mustard, but the key is to find nude shades that flatter your skin tone.

If you're very pale, wear a nude with a pink or peach undertone. Caramel and olive skin tones look great in peach, beige or blush. If you have dark skin, you look good in almost any nude, but ivory and white give extra impact.

3 Invest in two dresses
For all-day versatility, buy two great nude dresses to wear day to night: one fit-and-flare style with a body-skimming top and full skirt, and a shaped shift dress. Opt for structured fabrics, as they work for all occasions. Complement the look with chunky heels in the same hue, and a bag that can double up as a clutch.

4 Know that you can wear nude hues 24/7
Don't think nudes are for special events only – the trend works for a wide range of situations. Some ideas:

Date night
You should never overdress for a date. The aim is to look sexy, but understated! Try a dress with a flared skirt, hemline just above the knee, and a low neckline with lace or beading in the same shade. Add heels, a clutch and a nude leather jacket.

Work day
Classic, slim-leg trousers in a caramel shade are always on-point. Team them with a crisp white shirt and plain stilettos, or style them up with a cream and metallic knit and lazer-cut heels. A tote in a blush shade works well with both outfit options.

Weekends
Start with white skinnies or high-waisted, tailored shorts. Pair these with a loose, white tee and pointed mules in ivory. For evenings, swap the flats for blush, patent-leather heels, and add large, gold hoop earrings.

5 Add details
Nudes for accessories work well, especially when on bold pieces. The biggest trend at the moment is fringing – on heels, bags, scarves, earrings and more!



MERCEDES-BENZ FASHION WEEK AFRICA 2014

Text: Basheerah De Villiers; Photography: Simon Deiner/SDR

For more information, call 082 788 4978 or visit tamaracherie.com.

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THE LWD FOR YOUR FIGURE!

Forget the little black dress: these little white numbers suit any shape.

Pear

"I have a small chest and am very conscious of my big bum and hips, so it's always been a struggle to find a dress that flatters my figure.

"This pleated, lace version is brilliant as it hides the bits I don't like, and because the pleats start at my waistline, they draw attention to my smallest feature while floating over my bottom half. The high neckline and textured top enhance my bust, while the capped sleeves are feminine and ladylike.

"And how cool are these bold accessories? They make everything feel less formal. This LWD is a big figure-fixing DO for me!"
– **KAREN TENNENT, 26, SENIOR COPY EDITOR**



Lace dress Leandre Designs at Spree.co.za R510



KAREN WEARS
Dress Blackeyed Susan at Mungo and Jemima R1 299; **earrings** Lovisa R150 (for pack of two); **necklace** R349 and **bag** R599 both Accessorize; **heels** Zara R899



Petite

"I was worried about wearing a sheath dress, as I'm pretty self-conscious about my butt, but it turns out that this clingy style is an excellent cut for my petite figure after all!

"Thanks to the longer-length hem and capped sleeves, there's enough fabric to make me feel respectable, but it's still sexy and young. And because this dress is very simple in design, and free of ruffles or busy details, it doesn't swamp my small frame.

"Although white may seem a bit plain, the pops of colour in the shoes and accessories add interest. I feel fun, flirty and elegant!"

– KIM DAVIDS, 24, CIVIL ENGINEERING STUDENT



Sheath dress
Foschini R480



Panelled dress
Pringle of Scotland at Spree.co.za R1 500

Athletic

"I'm lucky to be quite tall, and that makes it easy to wear dresses. I would never normally have thought to go for a sporty style, especially with a polo neck, but I love the modern feel and how fresh it makes me look. The dark panels give me extra shape and emphasise my curves. Plus, monochrome is trendy!

"The black, point-toe heels are a sleek choice, but there are other options, and I also like that you could rock this LWD with casual sneakers or a pair of flats. Beautiful!"

– SELINAH MALIWA, 30, SUPPLY CHAIN MANAGEMENT STUDENT



Photography: Sebastian Voigt; Hair and makeup: Safiyah Cassim Khan from nimRah_makeup; Fashion assistant: Mandy Nash

FIND MORE LITTLE WHITE DRESSES THAT FLATTER AT **GLAMOUR.CO.ZA**.

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… To yell at the friend who says she'll take whatever salary HR offers. She'll thank you later.

… To be over 25 and still not 100% sure of your bra size. As long as the girls feel fine, you're good.

… To pin 217 spring cleaning ideas on Pinterest, and then settle for a Mr Muscle wiping spree. #goodenough

… To spend R600 on the shoes, R50 on the insoles, R20 on the moleskin, and still change into flats after 45 minutes.

… To print the only 'nice' work email your boss ever composed – and hang it on your fridge.

… To plan a stylish outfit for the office, but ditch it for jeans and a hoodie when you see the weather.

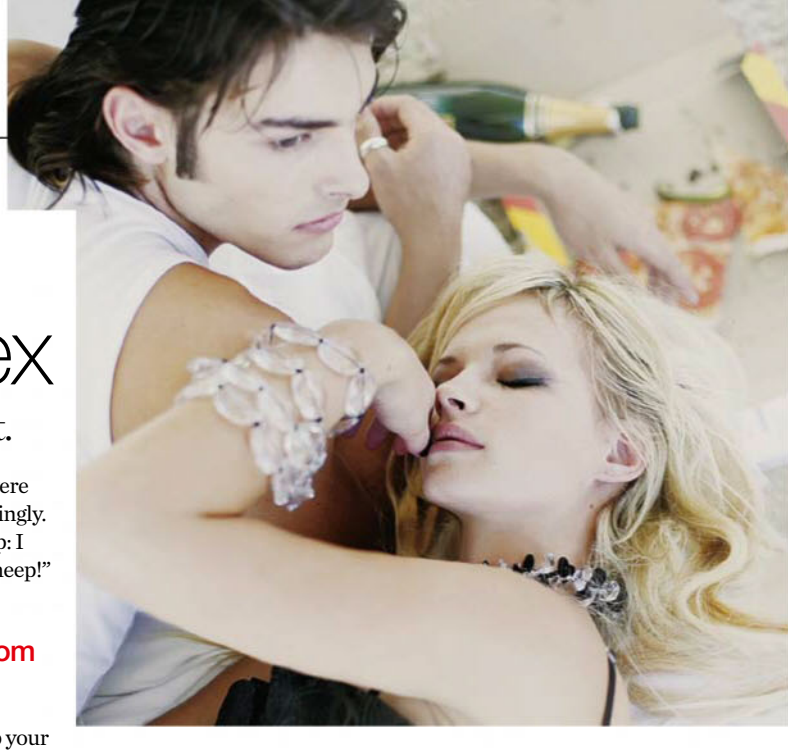
… To find it a little bit telling that there's a dating site that's called OkCupid, not Awesome Cupid.

Umm, not OK…

… To agree to split dessert and then be mad when he actually expects it.

Text: Andrea Bartz; Photography: Jesse-Leigh Elford at Supernova

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SEX

6 Places to never have sex

It will be awful. You will get caught.

Ever dreamt of joining the Mile High Club? It sounds thrilling, but getting hot and steamy in unconventional places can have a serious downside.

In a changing room

"When my boyfriend beckoned me into a cubicle to 'check' a pair of jeans, I guessed what he was after. I thought it would be fun, but it was so unsexy because a) we had to stay silent and b) the 360° mirror set-up meant we saw ourselves going at it from angles that are deeply unflattering. Never again."
– **Jade, 32**

Anywhere near wildlife

"We were hiking with not a soul for miles, so I wasn't worried when we got frisky on the picnic blanket. Then a herd of stern-looking sheep ambled over and put me off my rhythm. They were staring at us disapprovingly. In the end, I had to stop: I was cock-blocked by sheep!"
– **Mark, 28**

In a train bathroom

"In our defence, it was a long journey and we were in that 'can't keep your hands off each other' stage. My boyfriend lifted me up so I was sitting on the sink, which created two problems: my butt kept setting off the automatic tap – cue cold water all over – and I kept smacking my head on the towel dispenser. However horny you are, just wait!"
– **Katie, 28**

In your parents' bed

"We booked a hotel for my cousin's wedding, but we gave it to my parents as a treat and stayed at their house instead. They didn't have a spare room and I didn't want to do it in their bed, but we were trying for a baby and I was ovulating. Afterwards, we heard a weird buzzing under the bed. My husband investigated and started laughing: he'd found their stash of sex toys. Argh, so many shades of wrong."
– **Sarah, 34**

In the hotel swimming pool

"You know how the lead couple in films have sex in an empty hotel pool, late at night, when it's all lit up? My ex and I did that, and it was really sexy – until the manager arrived and told us to leave for indecent behaviour. We didn't even get a refund as we'd broken hotel policy, apparently."
– **Laura, 29**

In a conservatory

"Yes, we pulled the blinds down. What I didn't realise though was that the students next door had the perfect view from their balcony in through the roof. We only realised that they were getting a ring-side view when their whoops of encouragement got loud."
– **Joell, 31**

HEALTH

Toothy grin What your teeth say about your wellbeing.

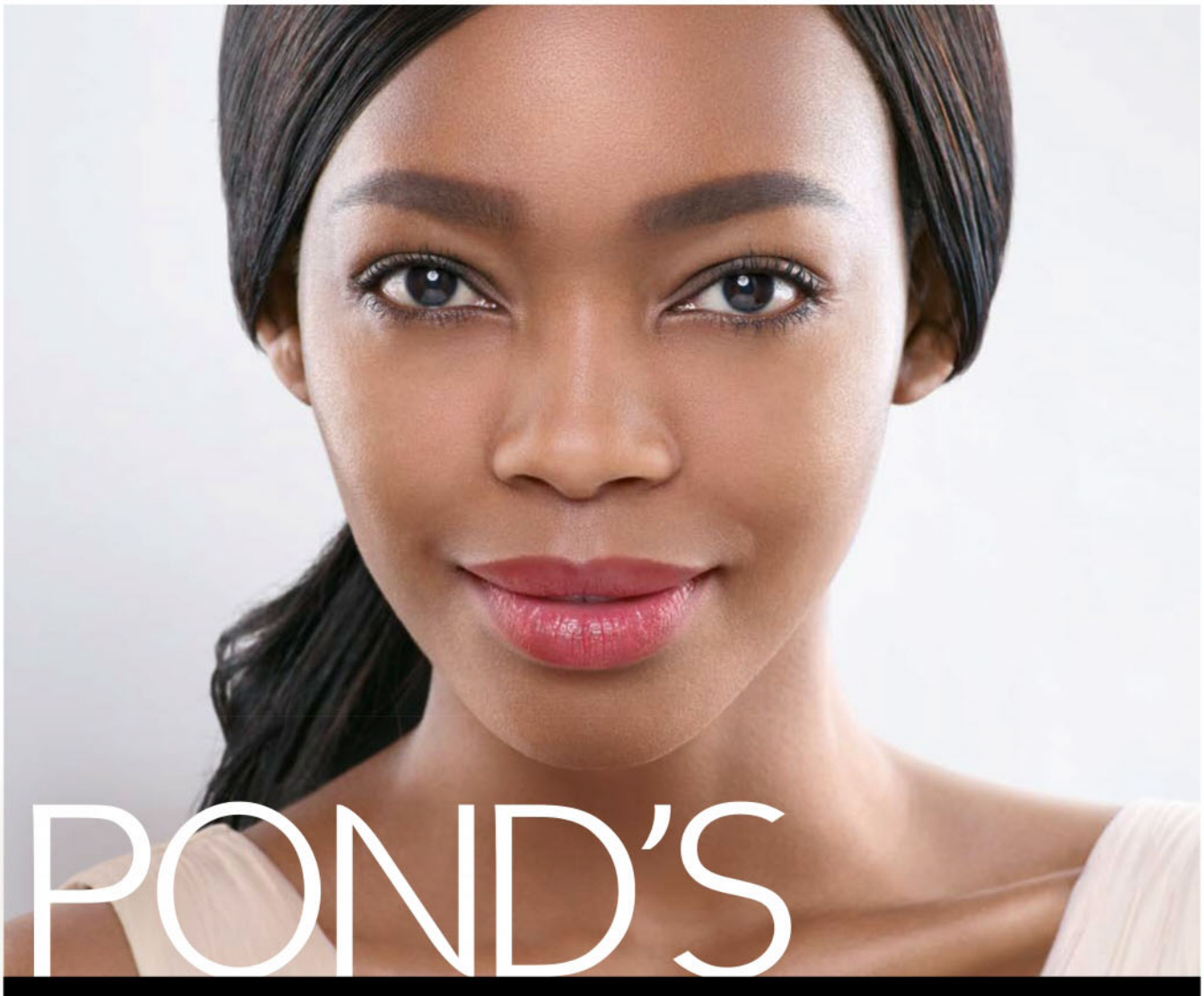
We all know that we should care for our teeth and gums, but did you know that problems in this area may indicate wider health issues? According to dentist Dr Marc Sher, a red and painful tongue may be a sign of anaemia; a dry mouth and gum disease may signal diabetes; bad breath, recurring ulcers and swollen, red gums could mean Crohn's disease; and mouth ulcers are a warning of excessive stress. All the more reason to see your dentist every six months for cleaning, and once a year for a full check-up!

For optimal oral hygiene

1 Brush well, twice a day, preferably with a good-quality electric toothbrush.
2 If you use a manual toothbrush, hold it lightly and use small, circular motions.
3 Brush your tongue and palate.
4 Don't rinse after brushing. Rather spit out excess toothpaste and leave the teeth 'coated'. And avoid eating and drinking for at least 30 minutes to allow the fluoride in your toothpaste to absorb.
5 Floss at least once a day.
6 Use a high-quality mouthwash.
7 Chew on gum throughout the day that contains xylitol to remineralise and strengthen the enamel on your teeth.
9 Treat mouth ulcers with a natural product – such as **Bye Mouth Ulcer!** (Dis-Chem R92) – to protect the ulcer while simultaneously promoting healing.

Text: Hanna Woodside; Photography: Neil Kirk

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H0311481905



MIND

Spring-clean with ease

The pros behind deadspin.com's *Ask a Clean Person* column share tips on tackling those dust bunnies.

Even people who keep their homes clean can benefit from spring cleaning. It's a great way to take on tasks that need to be performed only a few times a year.

BREAK IT DOWN

Start by walking through your home and noting areas that need special attention. Don't just check at eye level – things that are out of your normal range of vision, like ceiling fans and skirting boards, are the spots begging for extra care.

Once you have a list, prioritise three tasks; you can take on the rest another day. Next, sort out what order to clean in. What's going to happen when you dust the ceiling fan? All the dirt is going to fall on the floor. Clean the fan first.

Now assemble your weapons. For example, if you're cleaning out the fridge, have rubbish bags, a scouring sponge and an all-purpose cleaner, like a vinegar and water solution.

CLEAR THE AIR

So many people get spring allergies – a thorough cleaning can help. Use a microfibre cloth to clean skirting boards, vents and the tops of frames, where dust collects. Pull the furniture away from all of the walls, and vacuum underneath to eradicate dust bunnies.

DO THE LAUNDRY

Wash your mattress pad, pillow, duvet cover and the actual duvet. Curtains also get really dirty. Unless they're made of a delicate fabric, like many sheers are, they can usually be machine washed. Ironing is a pain, but a steamer will make short work of the job. Just rehang the curtains and steam out the wrinkles. Or else, send them to the dry-cleaner.

Steaming is an excellent way to clean your upholstery, too, while smaller stains can be spot-treated with a special upholstery stain remover. (Note: some cleaning services will do curtains and upholstered furniture on site.)

CALL IN REINFORCEMENTS

It's fair to ask your cleaner to help, but don't just leave a note. Speak in person so that you can be specific and adjust the schedule and pay accordingly.

LIFE

Our coach is right here!

Life coach Kirsten Long advises on love, work and more.

Q "Help! The cost of my upcoming wedding is totally freaking me out."

Let's put this into perspective for you: a wedding is just one day, that's over in a flash. A marriage, by contrast, lasts years, so don't start yours with debt. Give time and energy to planning your marriage. Still, this is your special day – and you want it to be great, so:

Stick to your budget

Start by making a budget that works for you, your fiancé and your parents if they're contributing. Remember that a wonderful event doesn't have to have pricey decor, and an intimate wedding can be far more memorable (and less stressful) than a big one.

Limit the drinks

Alcohol can be a major cost, so set a limit, and don't be tempted to exceed it on the night. Most guests are fine with paying for drinks at a certain stage.

Do your own decor

Planning a wedding can be fun if you rope in friends and family to help make invitations, decorations or favours.

As a couple, decide for yourselves how you want your wedding to be. Stick together, make your own rules and put your foot down when you feel pressurised – this way, you can create the wedding of your dreams with ease.

Ask us

Have a question you'd like answered? Email our GLAMOUR coach at glamcoach@condenast.co.za.

Kirsten Long is a life coach for Coach 4 Life. Follow our GLAM coach on Twitter – @Coach4LifeKL – and view her useful eBook, *Magic Motivation* (R100), at coach4life.co.za/magicmotivation.html.

Text: Meirav Devash; Sidebar text: Kirsten Long; Photography: Peopleimages.com

G TAKE A PEEK AT REAL-LIFE WEDDING STORIES AT GLAMOUR.CO.ZA.

Stunning **new you!**

Garnier makeover winner Courtney Petersen, 24, was looking for a hair colour that would amp up her look and make her personality shine.



This month's Garnier makeover star, Courtney Petersen, a Twitter account manager at Ad Dynamo, has coloured her hair before, but she hadn't visited the salon in so long that her ends and roots were mismatched – and not in a cool-girl way.

"I'm desperate for help!" wrote Courtney on her competition entry. "Everyone thinks that I've purposefully gone for an ombré effect, but the truth? It's my old colour growing out, leaving me with light, ashy ends and dark brown roots. This competition inspired me to go for a glossy new shade."

Hair and makeup expert Mary Gouveia selected **Garnier Nutrisse Ultra Colour** in Ultra Violet 4.16 (R109.95) to complement Courtney's colouring.

"This is a wonderful shade for bringing out her eyes, and it flatters her pale complexion," explains Mary. "Before this, Courtney's hair was faded, but this hue shimmers in the light and reflects her vibey personality."

Mary wanted Courtney's hair to take centre stage, so she applied simple makeup: a pale peach lippie and a neutral eyeshadow with just a hint of shimmer.

The overall result? "I love my new look!" exclaims Courtney. "The violet is really fun and it enhances my confidence. The colour is rich and dark, but not dull, and it shines in the sun. I feel amazing!"

GARNIER

/GarnierSA

Production and text: Lesley Mathys; Photography: Cameron McDonald at Supernova; Hair and makeup: Mary Gouveia; Styling: Mandy Nash. **Dress** Cotton On; **shoes** Forever 21

TECH

Silence the loudest pings

These tools will help you clear your head – and improve your productivity.

Social media is great but, wow, it can get noisy. Turn down the volume on Twitter and find your virtual earplugs at manageflitter.com.

"Once on the site, type in your Twitter username and it lists everyone you follow who tweets more than five times a day – then the option to unfollow [or mute] them," explains social media expert Warren Knight.

We tried it and culled 52 brands, peripheral people and celebs in seconds! Read on for more silencing tips

Cull an annoying Facebook story

Seeing the same piece of news again and again? "Facebook automatically moves big stories, like relationship changes, to the top of your feed as it considers them life events. Because so many people see it, then 'like' and comment, it stays there for days," says social media strategist at digital consultancy Laughing Buddha, Richard Le Cocq.

"To hide it, click the drop-down arrow on the top right of the story and hit one of these: 'I don't want to see this' gets rid of that one story; 'unfollow' hides any future news from that person," he says. It's brilliant for culling annoying ads, too.

Shield TV spoilers

You could run around covering your eyes and ears, or you could download these and skip the funny looks. Michael Litman, social media expert at brandsonvine.com, picks three plot protectors:

1 Spoiler shield

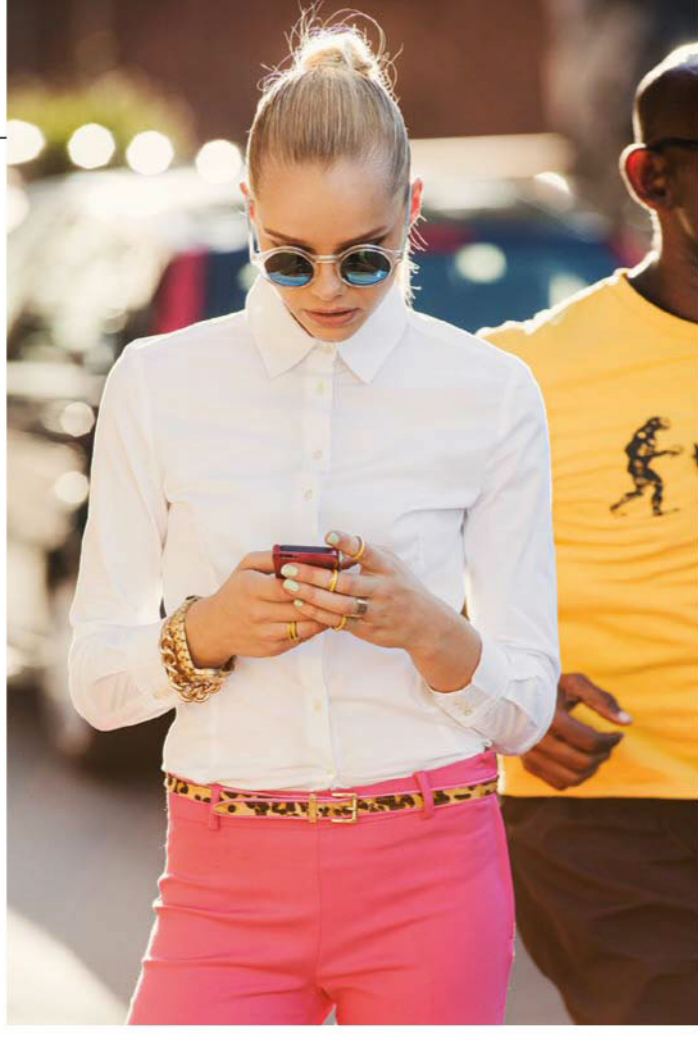
It's a free app for iOS and Android that blocks Facebook and Twitter mentions of more than 50 popular TV shows. Created in the US, it won't stop spoilers for every SA programme, but it will work for favourite US imports like *Game of Thrones*.

2 Spoilerfoiler.com

Originally launched by Netflix to spare us from *Breaking Bad* reveals, it now does the same for *House of Cards*. Visit the website, type in your Twitter details, and it censors mentions of the show on your feeds.

3 Silencer from Google Chrome

This piece of genius mutes any term or word. Download the Chrome browser, go to silencer.io and hit 'Try Silencer'. Click the little black picture in the top right (it looks like a man smoking a pipe) and enter a 'term', eg *The Walking Dead*. It then removes every tweet and Facebook status containing that word or phrase.



Do a stealth Twitter edit

Organising Twitter works differently on the app and a computer. Not helpful. Until we found these strategies:

1 On a computer? Make lists

The list function divides followers into groups of your choice: family, friends, co-workers and even celebs.

To make a list, "Do it at twitter.com*username*\lists," says Sharon Profis, senior associate editor at tech website cnet.com.

"Once you've set this up, avoid twitter.com – it's easier to use hootsuite.com, a social media management site. Only select the lists you want to see – people who aren't on them won't show up," she explains. It's just like magic!

2 On your phone? Hit mute

Lists don't work on the app, so you need Twitter's best new feature: the mute button. "On a user's Twitter profile, select the cog icon, then mute. Their tweets and retweets no longer appear on your timeline, but they'll still be able to direct-message you, so your relationship carries on unaffected," adds Sharon. The sweet silence!

Be savvy

"The algorithm that powers Facebook remembers your 'likes' and highlights similar news," says Richard. Hone your area of interests and "only 'like' stuff you're really interested in to help prioritise correctly," he suggests.

Text: Natalie Blenford; Photography: Jonathan Taylor

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WORK

Work rebel or people pleaser

Feeling stuck at the office? Finding out your work personality can change your habits for the better.



Have you ever worked with an irritating colleague or had a personality clash with your boss? Hey, it happens. According to bestselling self-help author Gretchen Rubin's new book, *Better Than Before* (Hodder & Stoughton, R308), we're either 'upholders', 'questioners', 'obligers' or 'rebels'. Just knowing your type can break negative habits, increase your productivity and improve relationships with colleagues, too. Take this quick quiz to find out: three or more ticks = your work tendency.

Type 1

- ☐ I'm always punctual and I meet all of my deadlines.
- ☐ I feel uncomfortable if I'm with someone who's breaking an office rule.
- ☐ I love nothing more than crossing items off my lengthy to-do list.
- ☐ I want to know what's expected of me in all parts of my life, not just at work.

You're an Upholder

"Others can rely on you, and you can rely on yourself," explains Gretchen. "You're self-motivated and find it easy to meet commitments – and you like to know what's expected of you."

What holds you back? You expect others to work the same way as you, resulting in awkward relationships. You may take work too seriously.

What can you do?

"Upholders need time for themselves," says Gretchen. So, give yourself a break. "Schedule one non-work activity that's important to you into your daily routine."

Type 2

- ☐ I sometimes have trouble making decisions.
- ☐ If I've decided that a new habit will work for me, I'll adopt it without trouble.
- ☐ I like to have as much information as possible before I make a decision.
- ☐ If I'm asked to do something that doesn't make any sense to me, I won't do it.

You're a Questioner

"You think carefully and question everything," says Gretchen. Though willing to do loads of research to reach a decision, you often reject expert opinion in favour of your own view – you'll only do something if it makes sense to you. At work, people get annoyed with your constant questioning, as it delays projects or meetings.

What can you do?

Don't always think of the bigger picture. Concentrate on the task at hand and note the reason you're doing it before you begin. Only ask the most pressing questions.

Type 3

- ☐ I'm often called a people pleaser by friends.
- ☐ I always make time for other people's priorities, but never for my own.
- ☐ Unless someone's enforcing a deadline, it's hard for me to get work done.
- ☐ More often that not, I feel burnt out, and I find it very difficult to recharge.

You're an Obliger

"You respond to other people's expectations, but struggle to meet your own," reveals Gretchen. So you'll bend over backwards to help a colleague, but won't keep your resolutions. "This often means letting yourself down, making you vulnerable to stress and resentment," explains Gretchen.

What can you do?

Find an accountability partner – a co-worker good at saying no. "When obligers know they'll be held accountable, they have no trouble following through." Make a priority list and check in with your partner.

Type 4

- ☐ I do what I want and I'm always true to myself.
- ☐ I enjoy a challenge as long as I can tackle it in my own way and in my own time.
- ☐ People become angry with me because I won't do what they want me to.
- ☐ If I'm ever expected to do something (even if it's fun), I have the urge to resist.

You're a Rebel

"Your impulse is to challenge everything," says Gretchen. "You work towards your own goals in your own way and don't like being told what to do. While you can channel your rebel vibes constructively to work hard, your impulse to resist what you're 'supposed' to do can cause conflict," she adds.

What can you do?

"Rebels react better if they have a sense of choice," says Gretchen. So instead of following a rule purely because you're 'supposed to', do it because you always choose to do excellent work.

Text: Lisa Harvey; Photography: Patrick Demarchelier; Fashion editor: Jillian Davison; Model: Cat McNeil

KNOW YOUR TYPE? HOW DO YOU WORK BEST? TWEET US AT **@GLAMOUR_sa**.

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*Cover photography: Patrick Demarchelier, Peggy Sirota. *Offer closes 30 Septmeber 2015. SMSes cost R1.50 each. Free minutes, SMS bundles and Telkom Mobile SMSes do not apply. Errors will be billed. See 'The get it guide' page for terms and conditions.*

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I was inspired by a bold, modern, yet very feminine woman who is utterly captivating when I created this perfume. And for me, the alluring black orchid with its intense and sensuous fragrance perfectly captured her spirit. With the black orchid at the heart, I composed a perfume using a blend of dark woods, golden amber and vanilla. I hope you enjoy my perfume and that it will bring out the bolder, captivating side of you.

Nicole Mancini, *Expert Perfumer*



"Floral and sensual with an addictive accord of vanilla bean, this intoxicating fragrance features the rare black orchid at the heart, with mysterious woods, exotic fruits and feminine jasmine and tuberose blossoms."

You'll love how the bold perfume of black orchids makes you feel bolder.

Even if you've never used a body wash before, you'll find it super easy to use – see tips below. This gorgeous perfume will bloom in your shower; and best of all, continue to give you perfumed skin for up to 8 hours – so you'll smell amazing even at the end of the day. And when you smell so fabulous all the time, you'll feel like you can conquer the world. Try it and see!



How to get the most out of your Lux Body Wash

1. Wet loofah
2. Pour a little Lux
3. Massage loofah for luxurious lather
4. Spread lather all over and enjoy the bold perfume
5. Go out and conquer the world for the next 8 hours!



X_LBWA_1624_0718

Kim!

Yes, she still takes selfies and bares her body. But with motherhood and a new marriage, the CEO of celebrity says that she's become "a completely different person." Let her explain.

The huge spotlights in Kris Jenner's home are off. Kim Kardashian West and her famous family aren't filming right now, and the vibe at the house, a frequently frenzied location for *Keeping Up with the Kardashians*, is calm. Melanie Griffith pops in to pick up Kris for sushi; Kylie Jenner passes by in workout clothes; daughter North West, 2, is playing. But Kim, 34, looks camera-ready as her Hermès heels cross the foyer. She lowers herself gracefully onto a velvet chair. "Hi," she says sweetly. "I'm Kim."

How could anyone not know Kim, with her three reality shows, seven fragrances, fashion and beauty lines, famous marriages and divorces, game, books of selfies, 40+ million Instagram followers, and gravity-defying derrière (flaunted on the cover of *Paper*)?

For eight years she's been a meme of unbridled ambition and success, with such massive influence that she was named one of *Time*'s 100 Most Influential People this year, on a list that also contained Pope Francis.

To critics, her rise may seem canny. But in her mother's lounge, fingering a necklace that her husband Kanye West had engraved with her daughter's nickname, Nori, she seems authentic and thoughtful. Picture-perfect, yes, but far from the drama and attention that come with success.

She champions her stepfather Bruce Jenner's transition to Caitlyn and talks about protecting North. On the cusp of 35 and pregnant again, she says she finally has the reality she wants. Think you know everything about Kim Kardashian West? Think again.

GLAMOUR So much has changed since your 2012 GLAMOUR SA cover. Do you feel any different?

Kim Kardashian West Completely different! I don't know if it's growing up or being with Kanye, who's more private, but I try to live my off time as privately as possible. I used to enjoy the spotlight. On a day off from filming, I didn't know what to do. Now I enjoy family time. If it all went away, and I was just a mom, I'd love my life.

Well, it's a big change, having a child.

KKW Yes, it really changes you. When I found out that I was pregnant, I was going through an awful divorce, Kanye and I had been dating for seven months – granted, we had known each other for a decade – and I was like, "I can't do this. It's not the right time."

Then I figured, if I'm not ready in my 30s, I'll never be ready. And it has been the biggest lesson and joy of my life.

The added responsibility must be incredibly difficult for you.

KKW Yes, but I thought it would be. My best friend said to me once, "You'll never remember what your life was like before her [North], but it'll be OK."

North has taught me patience. There's nothing I wouldn't do for her, and nothing I wouldn't do for my husband. She's empowered us to want to be the best parents and spouses.

Today she put on my Manolo heels and walked perfectly around my closet. I sent Kanye a video and he said, "Tell her to stop! She can't wear your heels."

You're turning 35 in October – Happy Birthday! Do you feel like you're living your life the way that you want to live right now and in the future?

KKW I really do. Obviously, no one's ever 100% proud of every decision they've ever made, and that's OK. As long as you learn from your mistakes, and don't make them over and over again, you're on the right path.

You've said that you don't consider yourself a role model because of choices you've made.

KKW I'm not trying to influence anyone; I'm not saying, "Do what I do." I think it's pretentious to say, "I'm a role model"; I would never say that, and I don't think of myself that way. ▶



"I CHOSE THIS LIFE, BUT NORTH HASN'T. WHEN SHE WAS BORN, I WOULD PRAY, 'I HOPE YOU CAN HANDLE THIS.'"

Jacket and **trousers** Maison Margiela; **ear cuff** Eva Fehren; **earrings** Melissa Kaye Jewelry; **ring** Kim's own

"AS LONG AS YOU LEARN FROM YOUR MISTAKES, AND DON'T MAKE THEM OVER AND OVER AGAIN, YOU'RE ON THE RIGHT PATH."



Text: Alex Morris; Photography: Patrick Demarchelier; Additional photography: Fairchild Archive, Gallo Images/Wire Images; Fashion editor: Jillian Davison; Hair: Oribe for Oribe Haircare; Makeup: James Kaliardos at Art + Commerce; Manicure: Gina Viviano at ABTP.com; Production: Brachfeld. **Vest** Michael Kors Collection; **trousers** and **belt** both Lanvin; **earrings** Jennifer Fisher; **bracelet** Lady Grey

Are there things I'd take back? I don't know if I'd take back the lessons that I've learnt. There are some things that I can be embarrassed about or that I wish didn't happen, but if I didn't have all those bad, crazy things, would I be who I am today? I really don't know.

Your 2014 *Paper* cover bragged that it would "break the internet". Looking back, do you love or regret it?

KKW I love it! We were shooting a cover of me in the dress with the champagne glass. But [photographer] Jean-Paul Goude gave me a book of his images when I was in makeup, and it had Naomi Campbell naked and hanging from a rope – one of the coolest shots I've seen. I said, "Hey, there's no rush. My publicist isn't here. If you want more pictures, I'm here all night."

When everyone came back, I said, "You guys are going to die when you see what we did." I had supper with my mom and Kanye and they asked, "How was your shoot?" I replied, "Oh, good." I didn't say anything else! When the magazine came out, my mom called screaming, "You didn't warn me!" She went crazy! I just said, "Relax. It's my shoot, my body, my life."

Since Kanye, you've had a style shift. How do you define the change?

KKW Before, my style was fun, flirty and cute; colourful and trendy. When Kanye and I started dating, he said, "You have so many crazy shoes, platforms with spikes and jewels.

> "I WOULD NEVER SAY, 'I'M A ROLE MODEL. BUT IF I DIDN'T HAVE ALL THOSE BAD, CRAZY EXPERIENCES, WOULD I BE WHO I AM TODAY?"

Can I have my stylist come and we'll clean out your closet?" I'm in love with my new look: it's still sexy, just cleaner.

I have to ask about your Met Gala dress: one of Peter Dundas' first designs for Roberto Cavalli.

KKW When Peter brought the dress, it looked really sheer and I said, "Wait, I don't understand. Is there a slip?" We had to do photo tests, walking from every angle. Cavalli fits so well for a woman's body. It was beautiful.

The 10th season of *Keeping Up with the Kardashians* seems very personal. You've dealt with fertility issues and let the camera capture a surgery where you had your uterus examined. Do you ever say, "I'm not comfortable"?

KKW It's rare. I didn't know that I was going to be so open, but meeting people at my fertility doctor's office who are going through what I went through, I thought, 'Why not share my story?'

> "I WALKED IN ON BRUCE WHEN I WAS 21 AND LOOKED UP 'CROSS-DRESSING'. BUT I'M JUST SO PROUD OF HIM FOR BEING SO BRAVE."

It's been emotional. One doctor said I would need my uterus removed after I had another baby. One said, "Get a surrogate." The other was like, "You'll be fine." Then I called my doctor, and he said, "You know what? I believe we'll get through it." There are times when I walked out [of the doctor's office] crying, and others when I was like, "All's looking good – it's going to be this month!" It's been a roller coaster.

Speaking of motherhood, how do you protect North from the fame machine?

KKW I chose this life, but North hasn't. When she was born, I would pray, "I hope you can handle this." But since she's our daughter, I know she can. When we take her out, there are tons of paparazzi and I say, "Hey, I've got the baby with me. Please don't talk to me." And they've actually been OK.

When I first took North to a music class, the teacher asked, "Do you want to switch her name, so that no one will know it's her?" I said, "No, because I don't want her to grow up and ask, 'Who's Sarah? Everyone's calling me Sarah.'" I want her to be as normal as possible. But I have to teach her and give her the tools to handle this life.

How do you teach someone that?

KKW You learn things as you go. When there's a TV advert and it's a family member or me, and she goes, "Mama", I'll explain to her: "That's Mom. I'm on a TV show with Kourtney and Koko."

I talk to her about it when I put her to bed and we're saying prayers. When she goes out, she puts on a serious face to the cameras. She'll be laughing in the car, then get a straight face. It's so funny. She has so many of Kanye's expressions. She might not have seen all of them – how was she taught to do that? They're totally in her.

After North was born, you wrote a blog post about racism. You said you had experienced incidents that "sickened you". What were you referring to?

KKW I was on a plane from Vienna, and this woman – she must have been drunk – screamed at me that I have this "black baby", saying crazy things. They had to restrain her. And at the start of the flight, before she'd started drinking, she'd asked for a photo!

That's awful. What are you doing to make sure North and other children don't experience racism like that?

KKW Teaching Nori and her generation [to not judge based on] colour is a good step. I grew up knowing that.

So tell us: what's a normal evening like in the Kardashian West home?

KKW We are so normal. On a typical night, I'll cook or we get a big bowl of cereal. We'll all get blankets and fall asleep on the couch, watching a movie in sweatpants, pyjamas and no makeup. Or I'll shower with North, have supper, and then Kanye and I have the night. We've watched the whole season of *Empire* and have started *True Blood*.

Does this marriage with Kanye feel different to your previous marriages?

KKW Absolutely. You know, with the first one, I was a teenager – just young and dumb. Second time around, it's not even in the same sentence. Now I feel ▶

Red-carpet Kim

Those famous curves can lay claim to an equally famous wardrobe.


At a Volkswagen Tiguan launch party in 2006.


At the LA premiere of *Sicko* in 2007.


In Ina Soltani at the Emmy Awards in 2009.



At Julia Stuart's spring show at Mercedes-Benz Fashion Week New York in 2010.

In Elie Saab at the amfAR Cinema Against AIDS Gala in 2012.

equal with my husband, like, "This is my best friend." It helps that we were friends for so long and knew each other for almost 10 years previously.

Did you ever have any inkling that he would become your husband and father to your children?

KKW It's a relief. Everyone speculated for so long. When friends would say, "Bruce has nail polish – what's that about?" we would answer, "Oh, it's near Halloween." We were always so protective, we didn't know what to say.

How does it feel now the world knows about Bruce's transition to Caitlyn?

KKW I made mistakes that must've hurt Kanye, watching me get married, knowing that it's not the right situation for me. So it was a great feeling when I was finally like, OK, this is it. My only regret is I didn't give it a shot sooner.

> "AFTER MY [LAST] DIVORCE, I SAW SO MUCH HATE: PEOPLE WRITING CRAZY, NASTY STORIES THAT WEREN'T TRUE."

KKW Not at that moment, no. But he was always there to support me, and it just felt right from our first date.

How did the relationship progress from friendship to romance?

KKW There was flirting, so there was attraction, but there was a moment when I thought, 'I'm going to give this a shot.' I'd gone through a divorce six months before and Kanye had made it clear that this was what he wanted.

How did you feel when you first saw Bruce in women's clothes ?

KKW I walked in on Bruce at my mom's house when I was 21 and my mom and sisters were visiting my grandma out of town. I ran out and slept at Kourtney's house. I was hysterical. Kourtney and I didn't know what it meant, so we watched old *Oprah* episodes and looked up 'cross-dressing' on the net.

Bruce called 30 minutes later and said, "That was really awkward. I'm so sorry. Please don't tell anybody." And I didn't tell anyone, even my mom, for years. I still didn't know [what it meant to be] transgender. I thought that, maybe once in a while, he would just dress up in women's clothes.

When I was 30 and getting married, Bruce sat me down and said, "Hey, this is the struggle I've been through. I've had these feelings. That's what you walked into years ago." He never said, "I want to become a woman" – that's a more recent feeling he's expressed.

Bruce said that Kanye helped you come to terms with the fact that he wanted to transition.

KKW Yes. Kanye said to me, "Can you imagine not feeling like yourself? Why shouldn't he be himself? If you're not yourself, what do you have?" And it all just really clicked for me right then.

The media say that you told Bruce, "Girl, you gotta rock it, baby. You gotta look good!" Did you say that?

KKW I didn't say those exact words! I said something like, "If you're going to do this, you can't look a mess."



In Donna Karan Resort at the Elton John Aids Foundation Academy Awards in 2013.

In Givenchy Couture at the Hairfinity UK launch party in 2014.

In Jean Paul Gaultier at this year's Grammy Awards.

In Proenza Schouler at this year's CFDA Awards.

What would you tell another family going through a situation similar to the one your family is going through?

KKW I would tell them that it's OK to feel a loss, it's OK to feel angry – and it's OK to be happy. It's OK to have every emotion as long as you get to the positive place. It's personal.

Khloé's emotions were harsh because a third party told her that Bruce was transitioning. Her pain was deep. You know, she lost our dad [Robert Kardashian] when she was almost 19; she and her husband [Lamar Odom] finalised their divorce in July this year; she has male loss in her life. Now she's doing amazingly and is so supportive.

I'm so proud of Bruce and I feel for people that don't have support. There's a high suicide rate in the transgender community, which is heartbreaking. No one should ever feel alone.

You've had haters online. On a scale of one to 10, how vitriolic can they be?

KKW On a scale of one to 10? About a hundred. They can be so nasty. Once I posted a photo of North in a towel; she'd just finished her swim lesson and taken her first step. It was such a proud mom moment. On Instagram, someone said, "I hope she dies in that swimming lesson." I couldn't believe that people have these thoughts.

You've said that you've had to develop a thick skin over the years. But how?

KKW I *have* developed a thick skin! After my [last] divorce [from Kris Humphries], I saw so much hate: people writing crazy, nasty stories that weren't true, that [the marriage] was fake.

Come on, I would never, ever do that. Think about it: if it were fake, I would've picked someone who'd signed something to not make my life difficult afterwards, you know? Isn't that what it is, if it's fake? There's a contract?

So that changed me, to see people who were once nice to me turn on me. I moved [to my mom's house] for four months. I completely retreated. It really changed a lot about me.

Then, with Kanye, it seemed as though everything was how it was supposed to be. I'm supposed to be a more private person. So had I not gone through that divorce, I wouldn't be as strong. It was a good life lesson.

Speaking of strength, how are you raising North to be a strong woman?

KKW I build her confidence. Every time someone hands her something, I say, "Look them in the eyes." And she does, and she'll say, "Thank you." I think to be kind is strong, to be polite is strong.

Agreed. You seem very Zen now.

KKW I always have been. People have been like, "You're so calm." Probably compared to how you think I would be!

And at the end of it all, do you feel like you've got the fairy tale now?

KKW I feel like I have the fairy tale now. I should have had higher expectations before, because I got the fairy tale.

> "I CHOSE THIS LIFE, BUT NORTH HASN'T. WHEN SHE WAS BORN, I WOULD PRAY, 'I HOPE YOU CAN HANDLE THIS.'"

#Dating shaming

Sexy SMSes, lies and cover-ups – it's time to confess!

No one keeps a secret any more. From blogs (postsecret.com) to apps (Whisper app; free on iOS and Android) that allow users to post secrets anonymously, if you've done something outrageous, embarrassing or downright devious, it's all about getting it off your chest. And it's good for you.

"Confessing makes you feel better; there's the relief in admitting what you've done, while hearing others' similar stories makes you realise you're not alone," reveals clinical psychologist Dr Jessamy Hibberd.

With that in mind, we hit the streets and asked men and women to 'fess up to the not-so-white lies they've told their partners. #datingshaming.



"It's surprising how many people fall for it – and I like the extra attention it gets me. I once convinced one woman that I was Bruno for an entire five-day festival." – **Danny, 29**



"I do have some Italian blood in my family somewhere, but you assumed I was – and I know women find it sexy – so I went along with it. And before long, it felt too late to tell the truth." – **Stefano, 28**



"The reason I bought you that expensive new throw and arranged it on the couch? Underneath it is a huge red-wine spill, which you still haven't noticed." – **Erin, 21**

Text: Hanna Woodside, Sarah Johnson; Photography: Victoria Adamson



"Remember that time I had horrendous, can't-get-out-of-bed flu? I just couldn't face an entire weekend with your whole family. I'm sorry that I left you to deal with it all on your own!" – **Max, 22**



"You thought that you lost it, but I just couldn't bear to see you wear it again. I'm sorry, but it was awful." – **Taj, 26**



"When I'm on my own, I secretly go to McDonald's and tuck into a cheeseburger. It seemed so important to you that I was a veggie too, and once I started lying, I had to keep it up." – **Sarah, 32**



"On Wednesday nights when you think I'm working out, I'm actually at my friend's house playing Xbox One. I thought you'd think it was geeky, so I told you that it was my gym night. I don't even have a membership." – **Reggie, 21**



"I'm slowly stealing all of your shirts and jerseys and incorporating them into my wardrobe. I love that oversized look, and your stuff works so well. I'm surprised you haven't noticed yet." – **Elle, 30**

LIKE #DATINGSHAMING? TWEET US YOUR SECRETS AT **GLAMOUR_sa**.



Hear you ROAR

Picture being able to shrug off criticism, walk into a party alone with your head held high and face people thinking, 'I rock.' Sounds good, right? Well, this is what your confidence is going to look like when we're done with you. An average 92% of women say that they have a self-esteem hang-up – but, with help from the experts, we'll turn up the dial on your confidence to 'max'. To kick things off, writer Jessica Valenti shares how she conquered her self-doubt.

Why is 'believe in yourself' so much easier said than done?

"I don't see myself as particularly controversial, but apparently others do. I co-founded the feministing.com blog, I've published five books about everything from feminism to rape, and I write a column for *The Guardian* in the US. As I learnt, being a feminist – or any woman with an opinion, for that matter – really makes you a target for the dregs of society. Sexism is alive, and it has anonymous email addresses.

> "Confidence is not just about believing in ourselves, but also believing in the good others see in us."

"A few years ago, my morning routine was this: brush teeth, sit down with a cup of coffee, try ignore the pounding in my chest as I open my email. How many violent threats today? At one point they got so bad, the authorities recommended I leave my home.

"At the same time, I also received wonderful messages. Young women said that my first book, *Full Frontal Feminism* (Avalon Publishing Group, R246), made them realise that they were feminists. It was incredible. But I couldn't let the good sink in.

"I know I'm not the only woman who does this. My case is an extreme example, of course. But hatred, or run-of-the-mill nastiness, affects us all. And every day, we have a choice: let the bad destroy our confidence and ruin us, or ignore it and try to accept the good.

"I didn't internalise good messages, largely because of my insecurity about my success. I had the career I'd always wanted, but despite accolades, I never felt deserving. I told myself that my success was a fluke, my friendships and work relationships were superficial, and fans of my writing had been duped.

"Yes, I'd worked all hours on my blog. Yes, I'd agonised over writing. Yet, I felt as if I was waiting to be 'found out', and my good luck (it had to be luck, not hard work) would end. Combined with daily threats, this took its toll. Even worse, I was pregnant with my first child. A time that should have been happy was tainted by others – and myself.

"Three months before my due date, I was hospitalised for pre-eclampsia, and within two days, I'd developed HELLP syndrome (a blood clotting disorder). My liver was failing, and I could die. And so, in fear and a drugged haze, I had an emergency C-section and Layla Sorella was born, weighing only 0.9kg. My entire world stopped.

"For the next two months, I focused on getting Layla well enough to come home, and I was deluged with cards, gifts and offers of help. I realised how much I had in my life. Slowly, Layla got better, and she started to look like a healthy (but still very small) baby.

"Everything that had dominated my life before Layla seemed so small. It took a long time to get over the fear of losing her, but something amazing had happened: I'd learnt what was truly worth being upset over. Anonymous emails couldn't hurt me. Something happening to my precious Layla could.

"When I started work again, I barely looked at hate mail. I deleted it. I even laughed at it sometimes. These people had no idea of my support and strength.

"I began thinking differently about myself, too. I learnt that not feeling 'good enough' had a name: imposter syndrome. And it was common among successful young women. So I didn't dismiss kind emails or think that people would be disappointed with the 'real' me. I responded: 'thank you.'

"I don't wish our trauma on anyone, but I wish everyone had the clarity it brought. There will always be self-doubts and haters. It's about tuning them out, commending ourselves for doing our best, and accepting small acts of love. Confidence is not just about believing in ourselves, but also believing in the good others see in us.

"Now, the first emails I open are from my friends, and the first things I do are things I love. I kiss my daughter, talk with my husband and let them take me through the day, whatever it holds."

– Jessica Valenti, writer and blogger

Cut-out-and-keep confidence boosts

Professional pep talker Rachel Simpson is the genius behind the *You're Effing Awesome* podcasts, which she started after a break-up. "My friends did a great job keeping my confidence afloat, and I thought that others could benefit from a friendly pep talk," she explains. Try to recite her emergency mantras when your confidence is on shaky ground.

1 Looking in the mirror? Tell yourself: "My body is exactly right; it does so much for me"

"Sometimes I feel insecure, especially if I compare myself to others. But I've learnt to remember that I'm unique; I'm not supposed to look like anyone but me. My body is my loyal companion, working its butt off to keep me alive. How can I do anything but love it?"

2 Got a big meeting? Tell yourself: "I know I'm good, and they're about to find out"

"Whenever I feel nervous before an interview, it shows me that I care about the outcome. I'll perform better because I'm truly invested in what happens. So embrace it – nerves aren't a bad thing."

3 Need to confront someone? Tell yourself: "I'll address this on my terms. This is important."

"I hate conflict, but if I feel someone is disrespecting me, I do something about it. We all have the right to say, 'Stop treating me this way.' I explain why I'm upset. Then, if I get an apology, I accept it and move on. If not, I end the conversation. I don't have time to fight, but at least I've stood up for myself."

4 Solo at a party? Tell yourself, "I'm about to make someone else's night just by saying 'Hi'"

"I remember that I'm not the only one alone – the room is full of people feeling awkward. Do someone a favour and introduce yourself. You're awesome and they'd be lucky to meet you."

Rachel Simpson writes Daily Pep Talk From A Best Friend *at peptalks.co.* ▶

G EVEN CELEBS HAVE CONFIDENCE ISSUES! THEY REVEAL ALL AT **GLAMOUR.CO.ZA**.

5 Celebs who don't need any help from us

Self-belief? Oh yes! These stars definitely received that memo.



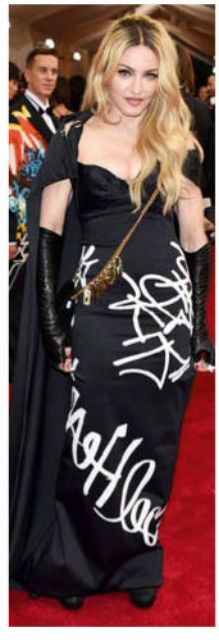
"I don't have a worst *American Idol* moment. I've been spectacular." – Nicki Minaj



"I am the number-one most impactful artist of our generation." – Kanye West



"I can be in leggings and a bra and I'll be on a whole other level." – Miley Cyrus



"Listen, everyone is entitled to my opinion." – Madonna



"This is going to sound arrogant, but my presence is charity." – Jay Z

This is what confidence looks like

"Change your body language and you can change your mindset," advises Judi James, a social behaviour expert and author of *Being Confident* (Ebury Publishing, R275). "Copying a confident person will 'trick' your subconscious into feeling more assertive. Keep it up and eventually it stops being an act."

EYE CONTACT

"Confident people look you straight in the eye and hold your gaze comfortably. Find it tricky? It's easier when you're listening: concentrate on doing it when someone is talking."

ARMPITS

"It sounds odd, but think back to your school days – you'd raise your arm whenever you knew the answer. Conversely, when we're nervous, we hug ourselves, hiding our armpits."

HAND GESTURES

"Open-handed gestures say, 'See? I've got nothing to hide – I'm totally open.' But be sure to stay away from your face: hands fluttering around your visage imply nerves."

FEET

"When standing, weight should be evenly distributed on both of your feet. Create a triangular shape with your body for a feeling of power: think of how bouncers stand. You don't have to go that far, but it has the same effect."

Sort out your self-talk

"Internal dialogue impacts hugely on confidence," reveals Tam Johnston, a neurolinguistic programme expert. It's time to silence that inner critic, like this.

THE FIRST PHRASE TO DROP: 'WHAT IF?'

"This leads into a list of imaginary disasters. Ask, 'Would I say this to my friend? Would I outline all the ways things might go wrong?' Now challenge your worst-case scenarios: where's the evidence they will come true? Recognise that they aren't reality. They are situations you've created in your mind."

NEUTRALISE NEGATIVES

"You can't eliminate negative thoughts entirely, but you can deaden their impact by adding a 'but'. Instead of thinking, 'I'm terrified of this meeting', add 'but I've prepared.' The thought, 'They're intimidating' instead becomes, 'They're intimidating, but they have no cause to be mean to me.' See how the but wipes out the negative thoughts?"

ADD A 'YET'

"For example, reframe 'I'm not experienced enough' to 'I don't have the right experience yet.' This way, you shift from a defeatist mindset to confident possibility: you can do it – maybe not now, but in the future."

Text: Jessica Valenti, Hanna Woodside; Photography: Neil Kirk, Gallo Images/Getty Images, Gallo Images/Wire Images. Tam Johnstone is creator of the Turbo-Charge Your Self-Esteem programme at freshinsightcoaching.com.


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CAROLINA HERRERA "WHAT I'VE LEARNT"

Carolina Herrera was 40 when she debuted her first fashion collection in New York in 1981. Since then, she has parlayed her impeccable taste into exquisite creations, dressing everyone from political powerhouses to Oscar winners and It-girls. Her empire now comprises clothes, accessories and fragrances, and her initiatives include Support with a Smile, a drive that benefits South African women with breast cancer. Apply her career lessons to your own life for stylish success.

Bright, airy and perfectly appointed, Carolina Herrera's atelier is the ideal setting for a discussion about fashion. But this isn't to say that she sugar-coats the hard work that's got her to where she is now.

"I would rather pose the reality of it, not the dream – it's not without effort!" Carolina reveals. "Everybody wants to be a fashion designer because they think that it's so glamorous and that the fashion shows are so fabulous, but you go backstage and you see what's really happening: you see the work."

Here, she talks about her beginnings, brand and how to move on from failure.

1 On the beginning of her career

"My mentor was [legendary *Vogue* US editor and columnist for *Harper's Bazaar*] Diana Vreeland, and I'm here doing all of this because of her. I initially went to her because I had this idea: I wanted to design materials. But when I explained this to her, Diana exclaimed, 'Yuck! Materials? What a bore! Why do you want to design materials? Why don't you do something else instead?'

"So she gave me the idea for my own collection. The support that Diana gave me was very, very important, and I was just so incredibly lucky to have it."

2 On fashion and luxury

"Fashion is for your eye, to please your eye. I want to make women look more beautiful and more confident because what they wear is what reveals their personality, their style and what they want to project [to the world].

"As a fashion designer, I have always said that above all else I stand for two things: glamour and consistency. Luxury, for me, doesn't change with the times and the trends because luxury is really about getting something that you want, but that you actually don't need. And that's something that we women do all the time."

G CAROLINA TALKS KIM KARDASHIAN WEST'S STYLE AT GLAMOUR.CO.ZA.

3 On establishing a signature style

"The most crucial thing is to establish your own style, and not because someone else is doing it well and you have to copy that. You have to be strong about your taste and say, 'I'm doing this, this is my line', even if the press doesn't like it."

4 On failure

"There're always horrible moments when you feel like you can't get over the hurdle. But you have to forget about it. At one point in time, you're going to say, 'Why did I do this? There are so many problems – it's just not worth it.' But if you really have the passion for fashion, for what you're doing, you're going to keep going. But you do have to feel it.

"It's not only about success, but about failure, too. Without failure, you can't be successful. You have to have some failures to see there's a challenge in what you do. Once you're successful, you'll want to be more so – they go together!"

5 On being in touch with the customer

"It's the most important thing. Women are never satisfied – we always want something else. And now social media and Instagram and Facebook have integrated our customer into our companies. You know more or less what they want, but you never know what it is exactly. So you have a chance there to please [your customer] with something that they didn't know they wanted."

6 On a work-life balance

"For a woman, it's much easier than for a man because a man can only do one thing at a time. We're very used to multitasking: I have daughters, grandchildren and great-grandchildren. And I have dogs. My family is enormous!

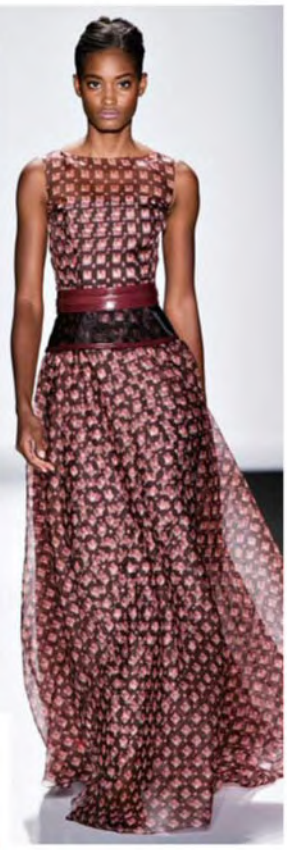
"A bit of discipline helps, too. You see women who have six children, and they work every day: it's about balance. When I leave here each day, I close the door and don't talk any more about my work at home. You have to separate the two."

7 On working with her daughters

"It's fun! We do disagree at times, but usually, in the end, I'm right." ▶

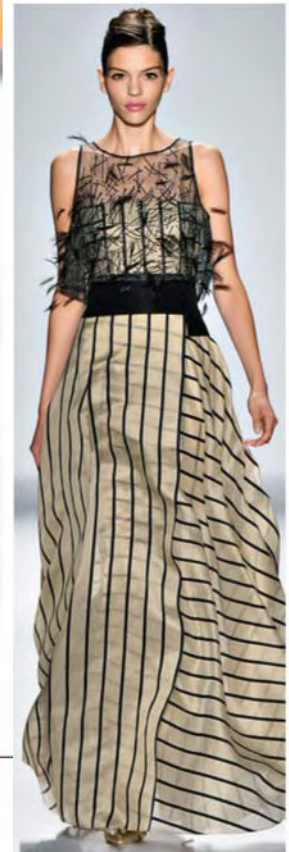












Hailed as "fashion's First Lady", Carolina is renowned for her feminine designs.

Text: Rebecca Bengal, Alessandra Codinha; Photography: Victoria Will, Fairchild Archive, Daniele Oberrauch/IMAXtree.com, Gallo Images/Getty Images, Gallo Images/Wire Images

The making of a Met Ball dress

Actress Zhang Ziyi on her Carolina Herrera look.

No stranger to the red carpet, Zhang Ziyi, a BAFTA and Golden Globe nominee for roles in films like *Crouching Tiger, Hidden Dragon* and *Memoirs of a Geisha*, first wore Carolina Herrera to the Cannes Film Festival in 2013.

"I loved it so much I wanted to work with her again," says Zhang, who began the process with Carolina three months in advance, planning her Met Ball dress over long-distance talks and weekly deliveries of sketches and fabric samples from Carolina's New York headquarters.

"It was always exciting to receive courier packages from her," reveals the Beijing resident. The dress that they eventually arrived at was a custom ivory mikado gown with a fabric appliqué skirt – and it has roots in both traditional Chinese dress and the modern runway.

"We began with a cheongsam-inspired collar as an ode to this year's Met theme [China: Through the Looking Glass]. I used a hand-stitching fabric treatment to create a stylised bouquet of branches surrounding the skirt," says Carolina.

For that skirt, she broke cheongsam conventions with a voluminous silhouette that recalled one of the looks in her own autumn 2015 collection – "a dramatic structured skirt," Carolina says. "With all the Met's splendour, you need a big gown to make a big entrance."

And indeed Zhang did, resplendent in her ornate, all-white dress, "a shape I'd never tried before. She's given the *qipao* [cheongsam] a gorgeous, red-carpet feel," says the actress of the resulting look – one which no doubt portends future sketches exchanged between Beijing and New York, and more elegant big entrances to come.

About Support with a Smile

In 2013, the Carolina Herrera brand partnered with SA's Breast Health Foundation to launch Support with a Smile, a campaign that provides practical and emotional care to breast cancer sufferers in SA. A percentage of the sales of all Carolina Herrera fragrances goes towards this cause. For info, visit carolinaherrera.com.



Zhang Ziyi and Carolina at the Met Ball in May.

Celebs in Carolina Herrera creations



Stana Katic at the People's Choice Awards in January.



Juana Acosta at the Goya Cinema Awards in February.

Lily Aldridge at the Met Ball in May.

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The DOs and DON'Ts of being yourself by Kendrick Lamar

As a rap star who grew up in poverty alongside brawling gangsters, Kendrick reveals how to face down your doubters and go big.

Born in Compton, California, rapper Kendrick Lamar started out writing stories and poems. He went on to compose lyrics about the rough streets of Compton, performing under the moniker KDot, and released a series of mixtapes that quickly grabbed the attention of super-producer Dr Dre.

In 2012, Kendrick recorded his major-label debut album *Good kid, mAAd city*. Since then, he's worked with the who's who of the music industry including The Game, Drake, Young Jeezy, Talib Kweli, Busta Rhymes, Warren G and Lil Wayne.

The 28 year old has since become one of the most prominent voices in hip hop (with nine Grammy nominations, including two 2015 nods for his recent single 'I') and increasingly, its conscience and poet laureate – an important role in the era of #blacklivesmatter.

After the release of his much-anticipated third studio album *To Pimp a Butterfly* earlier this year, he talks about how to avoid bad energy and stay grounded.

DON'T forget where home is

"When I first started out, I was really trying to impress the homies from Compton, because if your own neighbourhood don't back you, how do you think New York is going to back you? How do you think overseas is going to back you? Their approval helped me at the end of the day."

DON'T chase other people's expectations

"One time, when I was sending my demo mix to labels, they kept telling me to follow this or that trend on the radio. My mentor Top Dawg, who signed me when I was 16, and Punch [president of Top Dawg Entertainment] said, 'Maybe it's time to stop following what the labels want you to do, because obviously it's not working; we're not signed yet.'

"That moment kind of defined what music I wanted to make. To me, music is really about people – who they are, not what we see on the exterior."

DO believe in your own potential

"Anybody who has ever known what it's like to live on or is in the street today will understand this: they don't want to be a part of that lifestyle. Some entertainers glorify it... but when you're six years old and someone's selling drugs outside your house, it's different; you know you shouldn't be like them, even if you want to be like them.

"The thing that made me unique from my homeboys growing up in the hood is that I was a dreamer. I was influenced by people who had good hearts and said, 'You have a little more potential than to just do what we did.'"

DO attract the right people

"When I'm recording my music, I've got to have the energy around. I've got to see people enjoying themselves and enjoying life. The energy is everything. You don't want a negative person to walk into the room and feed their energy onto you." G

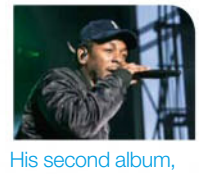
KENDRICK'S TROPHY COLLECTION



Since the start of his career, Kendrick has bagged many high-profile awards and nominations. At the Grammys this year, he received awards for Best Rap Performance and Best Rap Song for his hit single 'I'.

2013

Kendrick walked away a winner at the 2013 BET Awards, with Best New Artist, Best Male Hip Hop Artist, Best Lyricist, Best Collaboration and MVP of the year.



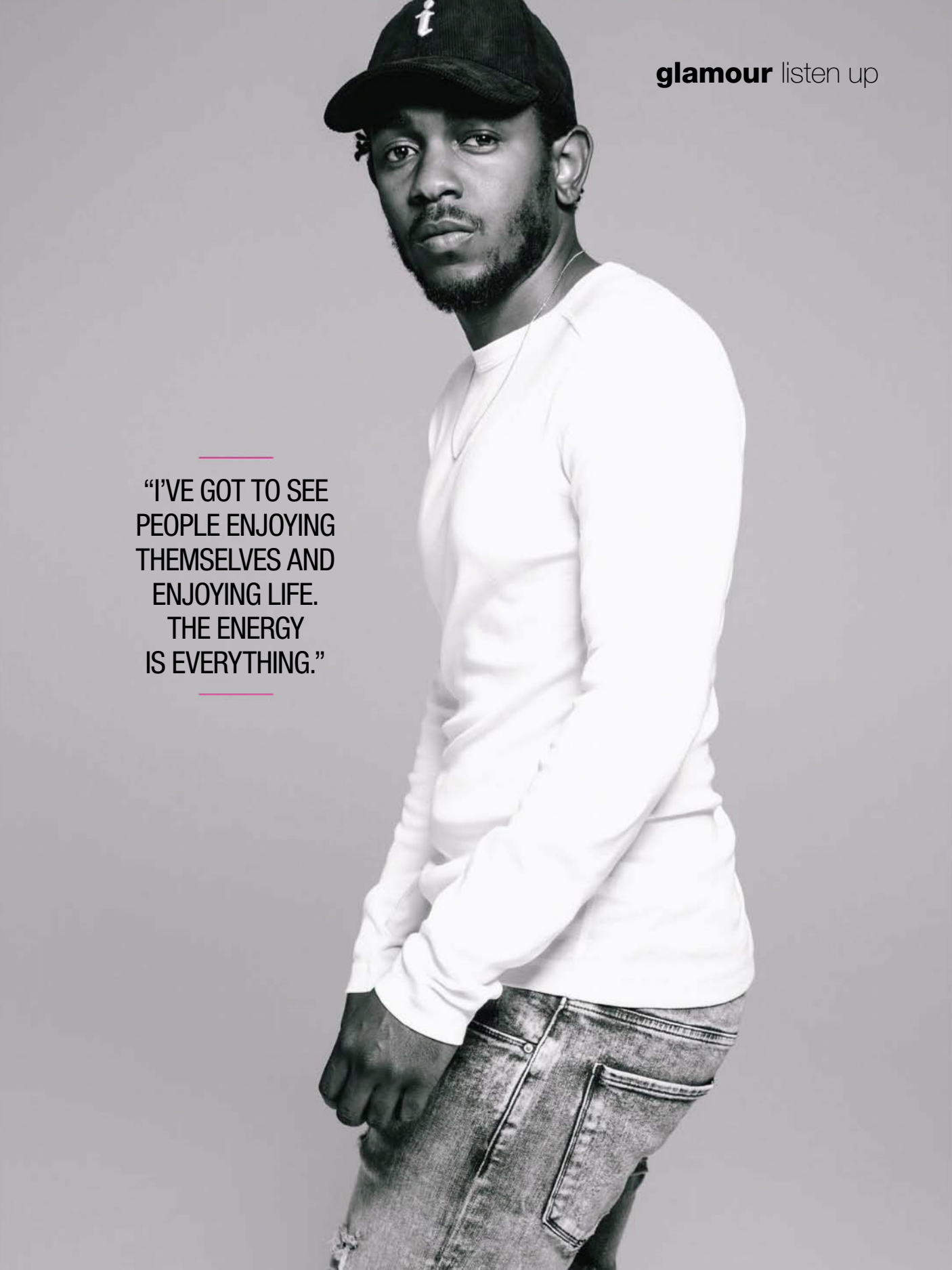
His second album, *Good kid, mAAd city*, was named album of the year at the 2013 Soul Train Music Awards.

2014

Kendrick was honoured yet again at the 2014 BET Awards, walking away with Best Lyricist and Sweet 16 (best featured verse).

Text: Jacob Brown; Photography: Gallo Images/Getty Images

G GET EVEN MORE ADVICE FROM TOP CELEBRITIES AT **GLAMOUR.CO.ZA**.



"I'VE GOT TO SEE PEOPLE ENJOYING THEMSELVES AND ENJOYING LIFE. THE ENERGY IS EVERYTHING."

Notice anything?

There's a revolution on the red carpet (and the runways) – and big butts are taking over. Which means it's time to celebrate, says journalist Sophie Ellis.

My ass has always been, well, a pain in the ass. Ever since I hit puberty and realised the full extent of its disproportion, I've gone to great lengths to hide it. In my arse-nal (sorry) were A-line dresses, Spanx, black jeans and oversized jumpers. But still, the stigma of a protruding posterior plagued me.

I'm by no means a large lady, but I was always the girl with the hungriest bum on the beach, grappling bikini bottoms as they disappeared between my cheeks. I've broken countless belt loops of jeans in my wrestling match between denim and derrière, and squeezing out of cinema aisles or restaurant tables usually results in a spillage or an embarrassing ass-to-nose situation. The clothes I wanted to buy never looked the same as they did on my smaller-bottomed friends, either.

Now everything has changed. Big bums are in. Towards the end of last year, Meghan Trainor sang about bringing booty back in 'All about that bass', and *Vogue* magazine confirmed that we were indeed facing the 'Dawn of the Big Butt', noting the bum's sudden synonymy with sex appeal.

So how did we get here? Well, whether you believe it's natural or not, Kim Kardashian West and her bottom cemented the zeitgeist. After that *Paper* issue, her PVC-clad ass literally broke the internet as *Paper*'s website saw 6.6 million page views in one day, making it the most viewed bum of all time.

But it's not just the bums we're in love with – it's what we can do with them. Twerking is basically jazz hands with our behinds. And while, in the early noughties, a protruding thong was seen as tacky, a good bum-cleavage shot is now revered on Instagram. Big-bottom promoter Jen Selter has 6.6 million followers – more than Michelle Obama.

People are now paying money for something I've been trying to disguise for years. A Brazilian Butt Lift (where fat is injected to your bottom) will cost you R35 000, and there are implants, too. There are also affordable options, such as padded trousers and bottom boosters starting at just R1 600.

Iggy Azalea, baby-oiled and proud in the 'Booty' video, proved they were the ultimate twerking team.

This season, fashion is embracing the bum like never before. "Moschino enhanced model's bottoms with tight pencil skirts," says stylist Krishan Parmar. "Balmain's collection was designed to complement the female body while making the booty seem bigger, and Vivienne Westwood's show featured an oversized dress cinched at the waist in a nod to the trend."

> "TWERKING IS BASICALLY JAZZ HANDS WITH OUR BEHINDS. AND WHILE, IN THE EARLY NOUGHTIES, A PROTRUDING THONG WAS SEEN AS TACKY, A GOOD BUM-CLEAVAGE SHOT IS NOW REVERED."

The rise and rise of the rear

We should definitely credit Jennifer Lopez for planting the seed that would grow into our ass obsession. As an insecure 15 year old, I didn't associate my body woes with her gravity-defying bum. Would I ever get a Ben Affleck to lovingly stroke my bottom on a yacht? I doubted it. People were intimidated by big bums in the '00s, and JLo was out on a limb until Beyoncé brought up the rear (*ahem*), encouraging girls to join her 'bootylicious' brigade.

In fact, the charts have been name-dropping bums for a while. In 1992, we all 'looked at her butt', courtesy of Sir Mix-A-Lot's 'Baby got back'. We agreed as Fergie applauded her 'lovely lady lumps' a decade ago, Nicki Minaj showed big bums have hypnotic qualities in last year's 'Anaconda' and JLo's new-generation ass-aficionado

Denim brands and chain stores have followed suit with a range of cuts including shape-enhancing jeans that lift and shape the bottom. That's a revelation for any woman who has found jeans shopping demoralising. "I spent my teenage years trying to squeeze into Miss Sixty jeans and my early 20s pining for designer jeans I couldn't afford, but now there are choices that cater to my shape," says Melissa Jacobs, 31, from York, UK.

And with Brazil, the most booty-loving nation in the world (they invented the Miss BumBum competition, for Gawd's sake) hosting the Olympics next year, and the continued efforts of the Kardashians and Jenners, bums are here to stay.

I'm going to embrace the moment, pull on a pencil skirt and celebrate my ass-et. Join me, won't you?

Text: Sophie Ellis; Photography: Gallo Images/Getty Images, Gallo Images/Wire Images

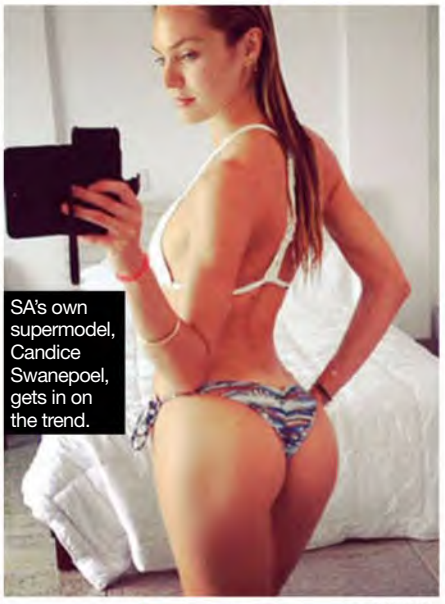
G FIND THE PERFECT BOOTY-BOOSTING JEANS FOR YOU AT **GLAMOUR.CO.ZA**.



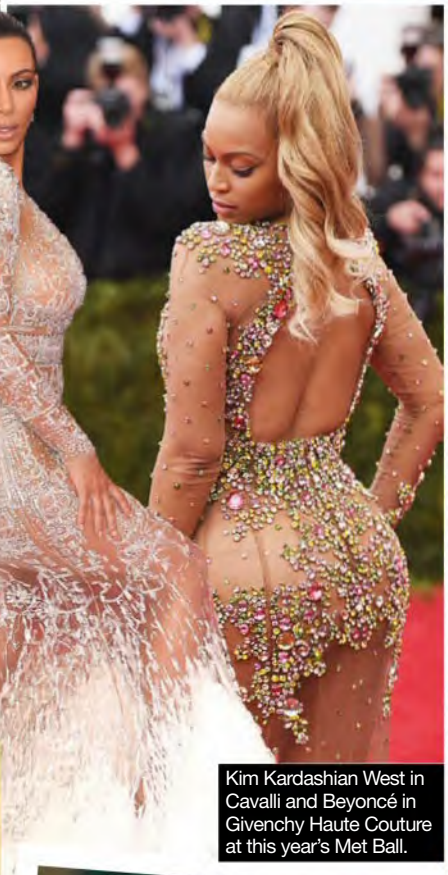
Sofía Vergara's rear in Donna Karan Atelier at the 2014 SAG Awards.



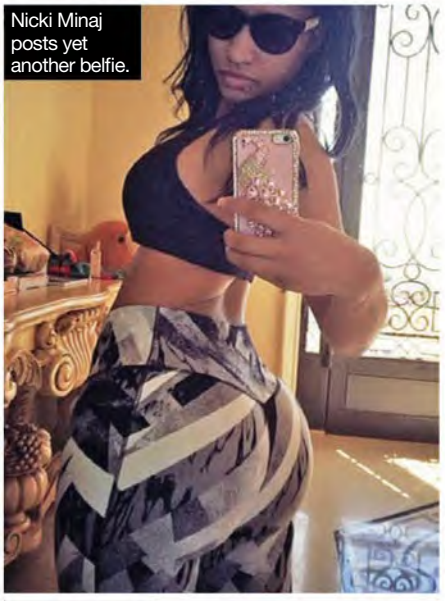
Kim Kardashian West introduced the world to the 'belfie' in 2014.



SA's own supermodel, Candice Swanepoel, gets in on the trend.



Kim Kardashian West in Cavalli and Beyoncé in Givenchy Haute Couture at this year's Met Ball.



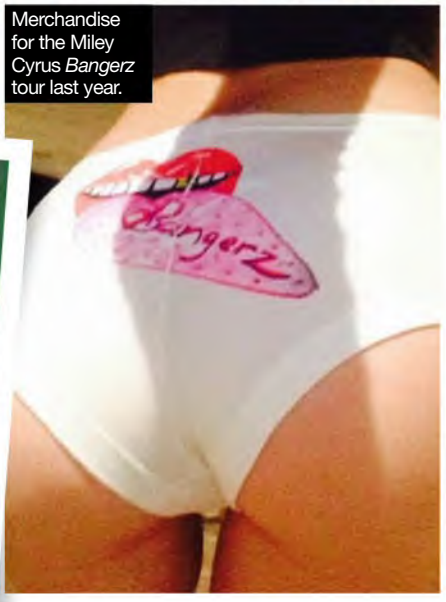
Nicki Minaj posts yet another belfie.



Cheryl Fernandez-Versini's rose butt tattoo is almost as famous as she is!



A still from Shakira's 'Can't remember to forget you' video with Rihanna.



Merchandise for the Miley Cyrus *Bangerz* tour last year.



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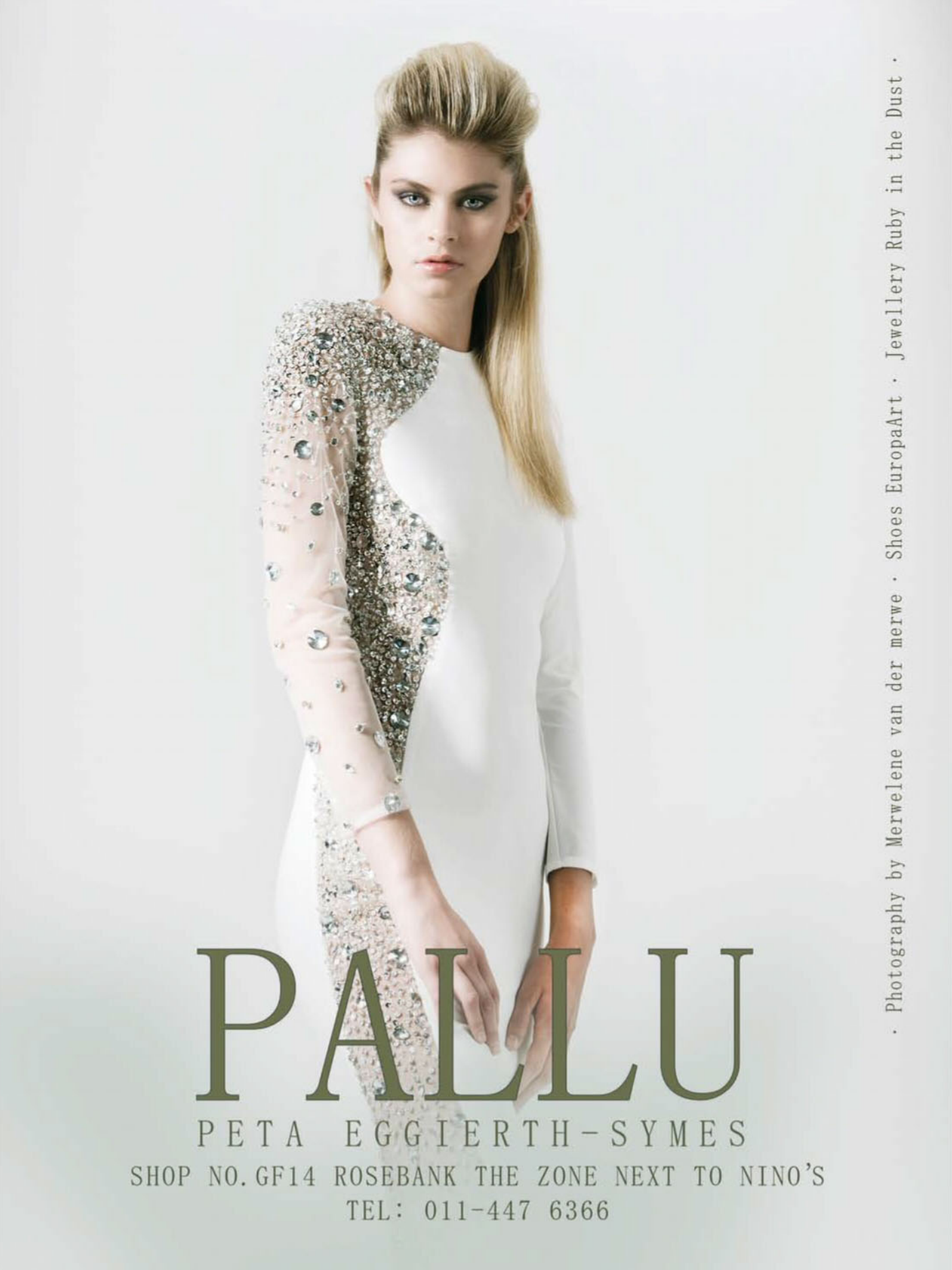
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Find out who won this competition on GLAMOUR.co.za next month!



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GLAMOUR WOMEN OF THE YEAR 2015

Our country is filled with amazing women, great spirits and phenomenal talents. And that's exactly what the 2015 GLAMOUR Women of the Year awards are all about: honouring eight of those amazing individuals. Prepare to be inspired!

Gezelle Magerman ★ Nhlanhla Nciza ★ Hannerie Visser
DJ Zinhle ★ Bonnie Mbuli ★ Lerato Kganyago
Hannelie Coetzee ★ Kayli Levitan

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"I really want to be a great athlete and to set a new SA women's record for the 400m hurdles."

The rising star

Gezelle Magerman

On the night before the 2014 Summer Youth Olympic Games in China, athlete Gezelle Magerman, 18, prayed with all her might. Her family was back home in the Western Cape, and her first trip out of SA was challenging. But it was also the opportunity she had dreamt of for years.

When the 400m hurdles rolled around, however, her prayers seemed to have been ignored. "I was coming stone-cold last," Gezelle says. "I felt totally hopeless. Then, as I hit the bend, I heard my teammates calling my name and I remembered all of the gruelling training that had led up to this race. This was my last chance to make it, and I had to give it my all."

And make it Gezelle did, finishing first and even beating the record set by her idol Heleen Swanepoel. It was a long way from Vredenburg to Nanjing, but she had surely fulfilled the promise first shown in primary school when she was obliged to train with the boys as she had no female competition.

"I'll never forget the feeling of walking around the track, carrying our flag, with the gold medal around my neck. And I couldn't wait to call my parents. My mom cries every time I win, but she really cried on that day, and my dad and I spoke for over an hour!"

Of course, such glittering prizes have their own price, and Gezelle trains for two hours every day of the year, except for Sundays – "That's my chance to be with my family and to give my legs a rest."

There are times when it's difficult, Gezelle says. "But that's when I have to remind myself of my goals. I really want to be a great athlete and to set a new SA women's record for the 400m hurdles."

Next up for Gezelle? "After I've finished school, I hope to study at the University of Pretoria, and to run for them, too. Many athletes I admire today are Tuks alumni."

Right now, though, she's just like any 18 year old looking forward to her matric dance, and dreaming of a beautiful gown. "I'm thinking of something super elegant, with long sleeves," Gezelle confides. And we have a feeling that running shoes will not be involved this time around.

Gezelle wears: **bodysuit** Mr Price; **playsuit** A-list; **earrings** Gezelle's own; **sneakers** Shelf Life. Nhlanhla wears: **blouse** and **skirt** both NN Vintage; **ring** Nhlanhla's own



The **style icon** Nhlanhla Nciza

She may be best known as part of the hit group Mafikizolo and owner of the record company Home Base, but Nhlanhla Nciza has loved fashion since she was a child growing up in Gauteng's Kagiso township.

"My mom was a big style inspiration to me," Nhlanhla recalls. "She may not have had designer gear, but she had a really great way of putting pieces together when she went out. I also loved Brenda Fassie, Madonna and Whitney Houston, and I tried to mimic their looks."

In fact, Nhlanhla says, her own look was one of the things that first caught the attention of Theo Kgosinkwe, another Kagiso township local, when they met at a local talent competition in 1992.

"Of course, I didn't know then that Theo would become such a close friend and my collaborator," Nhlanhla says, "but I was very happy that he liked my look... and even happier when he invited me to join his crew!"

Five years after that, Mafikizolo, the group that she and Theo created, was signed to a record label, and Nhlanhla abandoned her music studies at Wits University to pursue her prospects.

"We thought that we'd make money from the start," she recalls, "but we were still unknown and we had to rely on our parents for financial help and do shows for free. We definitely didn't have money for fancy stage costumes."

Happily, necessity proved to be the mother of sartorial invention. "We needed an image that worked with our '50s marabi music, so I altered and customised whatever clothes I could find for the stage," Nhlanhla says.

Her own fashion line, NN Vintage, with its showroom in Joburg, is the natural extension of those early days. NN Vintage was launched in 2007 in tandem with Nhlanhla's first solo album *Inguquko* as a way to share her passion for fashion as well as her music.

Now, having won a coveted SA Style Award in 2014, Nhlanhla plans to expand her circle of influence by collaborating with upcoming young fashion designers for her next NN Vintage collection.

"Fashion has always boosted my confidence. It's even helped me conquer stage fright," she says. "So it really is just like my mom always said: 'When you look good, you feel good.'" ▶

"Fashion has always boosted my confidence. It's even helped me conquer stage fright."

The **business creative**

Hannerie Visser

A few decades might have passed since Hannerie Visser set up her childhood chocolate mud-cake factory, but the imagination and style that inspired the mud-cake factory are the same qualities that apply to her incredible culinary initiatives and her appointment as artisanal food curator for the 2015 Design Indaba Expo.

"My mother and grandmother were home economics teachers, and I grew up on a table grapes farm in Paarl, so I've always been involved with food and loved being in the kitchen," she explains.

Even so, it was a circuitous route between the farm kitchen and the recent creation of the Toffie Food, Street Food, Eat Out and Spier Secret festivals among other tasty ventures, and Hannerie began her career in the media, starting with three years at *De Kat* magazine.

She moved on to a 15-year stint as a group publisher for several titles, including *VISI*, *Insig* and Woolworths *Taste*, and then went on to establish a graphic-design company, The President Design Studio. Four years after that, her business partner relocated – and Hannerie was spurred on to truly express her longtime foodie passion.

"My company, Studio H, helps to develop corporate identities through brands, products and experiences," she says. "And food is one of the best and easiest ways to do that – it's such a powerful way to bring people together, but it's inviting and not intimidating at the same time. After all, we discover other people and cultures through food."

With clients ranging from publishing groups and retailers to wine farms and restaurants, Hannerie designs a gamut of food experiences, including collaborating with top chefs. And her approach is really paying off with rave reviews, an ardent following and the Best International Wine Event Award from Drinks International for her work with Spier.

"And the best part of my work is that it doesn't feel like work," she says. "It's my hobby, my passion and my delight."



"The best part of my work is that it doesn't feel like work."

The **dance floor queen**

DJ Zinhle

With 11 years experience in the industry, a massive club following and a chart-topping single 'My name is' on her resume, Zinhle Jiyane, 32, seems to have been destined for a career as a DJ. But this wasn't how things looked at first.

"I'm from an academic family – both of my parents are teachers – so the last career I ever imagined for myself was DJing," Zinhle recalls. "I studied marketing at Wits Technikon and my routine was go to class, come home and study. I didn't party and the truth is that I only first visited a nightclub after completing my final exams in 2004!"

After graduating, Zinhle interned in the Clarins marketing department. "But I was too much of a tomboy for the cosmetics world," she admits, "and the thing that I looked forward to the most was spending evenings with my brother, Zakhele. He had just started a business hiring out sound equipment, and he was the one who first taught me how to mix."

Zinhle was helping her brother set up for a house party when fate intervened. "The DJ ran late and it seemed like a good idea for me to step up to the decks," she says. "It was my first time in front of an audience, and the first time most of them had seen a female DJ. They were shocked! But the bug bit and I was soon DJing at other parties and events at the same time as I was working as a brand rep for SAB. Then I was hired for my first paying gig at Joburg's nightclub, Carfax."

Shortly after that, Zinhle made it on to the TV dance show *Jika Majika* and joined YFM, courtesy of the popular compilation *Oskido's Church Grooves*. "By 2008, I was able to quit my job and move to DJing full time," she says

Despite all of her successes, Zinhle hasn't forgotten her first gig and the oddity of being a woman in a male-dominated field and, in 2009, she began the girls-only DJ school Fuse Academy.

And perhaps one day, her now six-week-old daughter, Kairo, will follow in Zinhle's rhythmic footsteps, too. ▶



"It was the first time most of them had seen a female DJ. They were shocked!"

Text: Pnina Fenster, Nandi Ndlovu, Karen Tennent; Photography: Sebastian Voigt, Aubrey Johnson, Denzil Jacobs, Andrew Brauteseth, Andile Mthembu; Senior fashion editor: Andrea Albertyn; Junior fashion editor: Lori Herbert; Fashion assistant: Mandy Nash; Hair and makeup: Lyndal Fitzgerald at Supernova Creative Management. Hannerie wears: **Dress** Studio 8; **necklace**: Pichulik; **sneakers** Hannerie's own. Zinhle wears: **tee** and **skirt** both Fabro Sandz





"There are so many characters I'd still like to play, and so many stories I'd still like to tell."

The **readers' choice** Bonnie Mbuli

Acclaimed actress, model, memoir writer and TV and radio presenter, Bonnie Mbuli has done a lot – and all from the age of 13. That's when an agent approached her outside her school in Belgravia, Joburg, and suggested that she go for a screen test.

"I had never even considered such a thing," she says. "But it shifted the idea I had of myself, and I really liked that."

And the agent was right. That very year, Bonnie made her first TV appearance on the series *Viva Families* and, a year after that, was cast in the movie *Born Free*. "It was so overwhelming to be thrust into an adult working world," she says. "But it helped me mature quickly."

Since then, with only a three-year gap in which she studied public relations – "For my mother, success meant a qualification" – Bonnie has been devoted to her vocation. Her notable performances have included the SA TV drama *Traffic!* and the powerful movie *Catch a Fire* starring Tim Robbins. "Film is where I'm in my element," Bonnie says. "It forces you into an intense space where you dig deep into your emotions and being."

And it's also taken Bonnie all the way to Hollywood and back.

"In 2006, after appearing in two international movies, I decided to pursue opportunities in LA," Bonnie says. "I learnt a lot about the industry and the kind of work ethic it takes to build a lasting career. But it was also extremely cut-throat and the timing just wasn't right for me, so eight months later, I returned home."

Now firmly back in SA, she has not only raised two sons and performed regularly, but also written *Eyebags & Dimples* (Jacana Media, R200), a memoir that deals with depression.

"I was diagnosed in 2007 and the illness taught me a lot about myself," she says. "It took a lot of treatment and therapy to reach a point where I had a renewed appreciation for life."

Happily, life is appreciating her right back. In the past year alone, Bonnie has joined Heart 104.9 FM and she has become one of three stellar presenters on SABC 3's talk show *Afternoon Express*.

"I've also started working on my first novel," she says. And as for acting? "I'm not done yet! There are so many characters I'd still like to play, and so many stories I'd still like to tell."

Bonnie wears: **shirt** Country Road at Woolworths; **trousers** Studio W at Woolworths; **earrings**, **ring** and **bangle** all Bonnie's own; **necklace** Pichulik. Lerato wears: **dress** Diane von Furstenberg at Callaghan; **heels** Schutz at Europa Art Shoes



"I want to help change the mentality that if you come from a township you can't achieve your dreams."

The **media personality**

Lerato Kganyago

A role on *Muvhango*, two TV talk shows and a gig on Metro FM: 2015 has been a big year for Lerato Kganyago. But you won't hear the Soweto-born star proclaiming that she's hit the ultimate heights. "There's always room for improvement!" she says with a smile.

And it's been something of a route for Lerato to get where she is – quite literally in the beginning, as she was an air hostess for Qatar Airways until war broke out in the middle east and she was forced to come back home. She enrolled in public relations studies and it was during this time that she was crowned Miss Soweto in 2005.

Then, in 2008, a visit to the studio of Soweto TV set Lerato on the path to media success. "I was in the audience when a presenter went missing and they asked if I would like to fill in. I had never done TV before but, being an ambitious person, I agreed," Lerato says. "And it must have worked, because I was offered a job!"

Her work at Soweto TV led to the chance of producing and presenting her talk show *The LKG Show*, and that, in turn, resulted in other lucky breaks including hosting the entertainment lifestyle show *The Link* on SABC, and a cameo role on the successful and very popular SA soap opera *Muvhango*.

The cherry on top came this April. "After five years of sending demo mixes, emails and SMSes to station managers, I finally made it on to Metro FM as a presenter for *The 5 Star Show*," she says. "That's the station I listened to when I was growing up, and it's a real honour to be part of the legacy."

As for the future, Lerato is definitely not done yet. "I want to help change the mentality that if you come from a township you can't achieve your dreams," she says. "I've learnt a lot over the past few years. Perhaps not everything is for me, and that's OK, too, but I've worked very hard on removing fear and doubt from my life – and there is no doubt in my mind that hard work and persistence really do pay off." ▶

The **visual artist**

Hannelie Coetzee

Creativity courses through the blood of photographer and visual artist Hannelie Coetzee – an inheritance that has been part of her life from the start. "I always knew I'd go into the arts," she says. "My mother, Kobie, is a journalist and author who loves taking photos, and my father, Floris, had a darkroom where they processed pictures together. While other families had video recorders, I grew up making things!"

A career in the arts was the most logical path, she says. "Figuring out how things work, why something needs to be made and what its purpose would be stimulates my curiosity."

After graduating in documentary photography and fine art, Hannelie spent eight years working in the commercial world, including shooting stock images for a photo library and large tourism campaigns. But ironically, it was the 2008 recession that expanded her creative world by reducing her commercial possibilities.

"When the photography industry came to a standstill, I revisited art," Hannelie says.

Her first work, *Oumagrootjie,* is located in Fordsburg, Joburg. "In 2009, I visited places where my family had been and used that as a way to rediscover my roots. *Oumagrootjie* is a mosaic made from waste stone I sourced in Ga-Rankuwa township. The piece was installed with support from Arts Alive."

The same year marked a collaboration with fellow visual artist Usha Seejarim on the Such Initiative, a two-year community-driven public art project that included contributions by 140 children and disabled adults, and a powerful environmental statement via a collage made from discarded plastic bottle tops.

The initiative won the 2011 Business and Arts South Africa Environmental Awareness Award. It also led to a sponsorship for Hannelie to study social entrepreneurship at the Gordon Institute of Business Science (GIBS) in 2013.

"The GIBS studies gave me an opportunity to hone in on my long-term goals and how I'd like to use partnerships to start bigger projects and touch more people," she says. "Our SA art scene is small yet incredibly active, but the biggest struggle I face is the perception of what an artist is able to do; the idea that art belongs to galleries and exhibitions. There are so many more ways we can be creative, and so many more ways in which we can contribute to our communities!"



Hannelie wears: **jumpsuit** Forever New; **ring** Hannelie's own; **loafers** Dune



"I'm fortunate to have skills and resources. How can I not want to make a difference?"

The **heart of gold** Kayli Levitan

Advertising copywriter, Kayli Levitan, and her colleague, Max Pazak, were looking for ways to promote The Haven, a Cape Town night shelter for homeless people, when they hit on a novel idea: why not increase awareness, change negative stereotypes and provide an experience of choice and dignity at the same time?

And that was how The Street Store was born, a pop-up 'clothing store' that makes it possible for homeless people to choose clothes they want and like from a range of donated garments.

"Of course, we were worried that our plan might not work – it hadn't been tried before," says Kayli. "But there was also a benefit to doing something new. With no preconceived ideas, we could go ahead as we thought was best."

Kayli's first move was to spread the word via Facebook and Twitter. "I was deliberately vague at first, just referring to a new clothing store coming to Cape Town. Later, we announced you couldn't buy clothing there, but needed to make donations. Finally, we revealed only the homeless could shop there – for free, of course!"

At 5am on 14 January 2014, Kayli, Max and a team of colleagues as well as some residents and social workers from The Haven arrived in the city's Somerset Road, ready to begin.

"It was dark and cold and no one was around, so we hung up the five posters that make up The Street Store pop-up space and waited. A few hours after that, a man stopped his car and asked what we were doing. He happened to have a pair of shoes in his boot and he kindly donated them to our store. Ten minutes after that, a homeless man walked past dressed in a shabby suit and broken shoes. Not only were the donated shoes the right fit, but he was going for a job interview and desperately needed a new pair. It was such a poetic way to start," she recalls.

By 7.30pm that night, 1 000 homeless people had been able to choose clothes they wanted, and interest had grown so much that passers-by were buying clothes from nearby shops to donate.

The initiative went open-source at thestreetstore.org, inspiring numerous other people and, to date, 305 Street Stores have popped up around the world. "I've always loved helping people," says Kayli, "and I'm fortunate to have skills and resources. How can I not want to make a difference?"

SUPERGA

PEOPLE'S SHOES OF ITALY





Photography: Glen Montgomery at Supernova Creative Management, Travys Owen at One League Creative Management

92
RED ALERT

Raincoat R889 and **crop top** R189 both Topshop; **briefs** Woolworths R90



98
SHEER BEAUTY

Fashion, beauty, the works

Spring to it! From statement reds to romantic shine, the new trends are adorable. And as for beauty? It's all about skin, skin, skin (and inking it)!



RED

Be a scarlet woman in this trendy hue.

THE JUMPSUIT

Layer this versatile piece over a jersey or T-shirt until the weather warms up.

Polo neck R399 and **jumpsuit** R579 both Forever 21; **clutch** Nina Jarebrink R3 999; **flatforms** Spitz R1 295



THE SATIN DRESS

Get the best of both worlds with a jacket that can also be worn as a dress.

Jacket dress Yarra Trail at Stuttafords R2 200

ALERT

Photography: Travys Owen at One League Creative Management. Senior fashion editor: Andrea Albertyn

THE TUNIC DRESS

Chic, adaptable, flattering and fashionable, a tunic is great alone or over a collared shirt.



Shirt KLûK CGDT R2 250; **dress** Mango R499

Hair and makeup: Lisa Bailey at Supernova Creative Management; Model: Tricia at Fusion Models; Fashion work experience: Sabrina Sigal



THE CROP TOP

Keep things smart by wearing your crop with high-waisted trousers and heels.

Crop top Topshop R196; **trousers** Afraid of Mice R920; **heels** Carvela at Spitz R2 995

G LIKE THIS TREND? NOW FIND YOUR IDEAL RED LIPPIE AT **GLAMOUR.CO.ZA**.


THE
TRENCH
COAT
Bringing this classic into the new season: a high-shine finish and shorter length.
Coat Habits R1 999;
flatforms Spitz R1 295



THE BOX DRESS

Show off your legs, or wear this easy design over trousers.

Dress Mango R799;
polo-neck vest Forever New R299;
heels Forever 21 R579



Top R799 and **bag** R899 both River Island; **bralet** Rose Water R300; **shorts** Little Birdie R500

Sheer beauty

Fall in love with the romantic trend for transparency and shine.

Photography: Glen Montgomery at Supernova Creative Management. Junior fashion editor: Lori Herbert



Jacket Zara R1 999; **dress** W35T at Cloth & Steel R1 500; **necklace** Ruby at YDE R150; **flats** Fashion Express R249



THIS PAGE
Jacket Anna Scott at Stuttafords R1 800; **skirt** Velvet at YDE R425

OPPOSITE PAGE
Blouse Witchery at Woolworths R699; **shorts** Shana at Cloth & Steel R1 200; **necklace** Topshop R199





Cover-up River Island R1 299;
playsuit Forever 21 R779



Hair and makeup: Bernice Dodd; Model: Morgan at BOSS; Photographer's assistant: Sam Bowker

Jacket Zara R1 799; **top** Oasis at Foschini R350; **shorts** Shana at Cloth & Steel R1 200; **necklace** Mimco at Woolworths R499; **heels** Steve Madden R899

SHOT ON LOCATION

With special thanks to Mopiri Camp in Botswana, the fabulous spot for this shoot. To find out more about this luxury camp, visit mopiricamp.com.

GET IN LINE

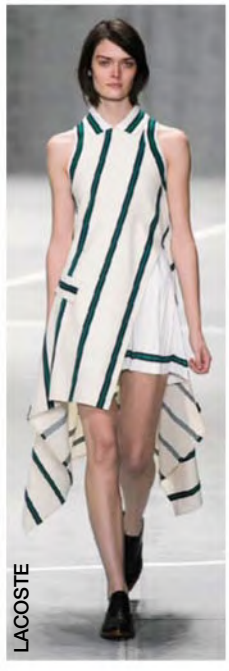
IT'S BIG STYLE, SMALL SPEND IN STRIPES!
So simple yet so standout, stripes go luxurious for way, way less.

Photography: Cameron McDonald. Junior fashion editor: Lori Herbert



ON THE RAMP


VALENTINO


LACOSTE


HANNAH COLLECTION


SUNO

Worried about wearing horizontal stripes? Go for a loose cut, like this shift dress (right), to conceal potential problem areas.



LEFT **Blouse** Zara R559; **shorts** Jay Jays R180
ABOVE **Dress** Merien Hall at Edgars R399; **handbag** ALDO R369



Jersey Babette R380; **trousers** Forever 21 R449; **heels** Fashion Express R259

If you're looking to buy a new pair of trousers, choose one with vertical stripes – they add interest and elongate your legs at the same time.

ON THE RAMP


BALMAIN


HANNAH COLLECTION


TOMMY HILFIGER


ALTUZARRA

Additional photography: Gallo Images/Wire Images, Gallo Images/Getty Images, Simon Deiner/SDR, Daniele Oberrauch/IMAXtree.com, Alessandro Lucioni/IMAXtree.com, IMAXtree.com; Hair and makeup: Sebastine Peppler at Bird On a Wire; Model: Lize at Fusion Models; Fashion assistant: Mandy Nash; Fashion work experience: Inès Arimany



LEFT **Jersey** Forever 21 R321; **skirt** Legit R160
BELOW **Shirt** Forever 21 R329; **skirt** Good at Mungo & Jemima R495; **heels** Call It Spring R499



When it comes to print skirts, horizontal stripes work best on skater styles, while verticals are slimming on pencil variations.

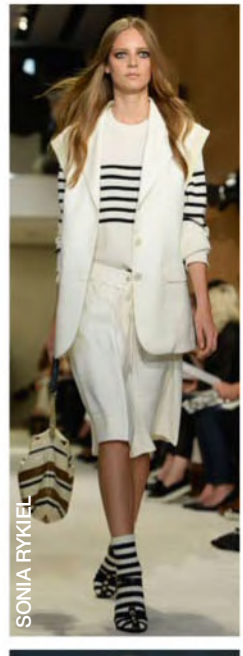
G STRIPES ARE FIGURE-FIXING! SEE MORE FLATTERING BUYS AT **GLAMOUR.CO.ZA**.



Crop top A-List R295; **skirt** Foschini R199

Crop tops were a big trend last spring, and they aren't going away any time soon. Just be sure that you have the body to wear them, and pair with anything high waisted.

ON THE RAMP



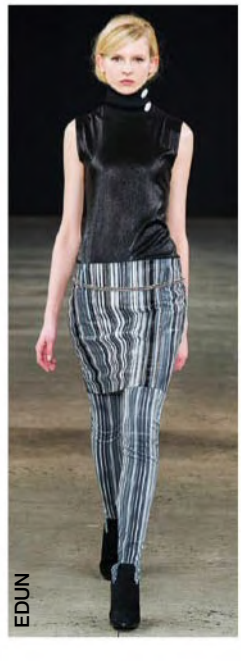
SONIA RYKIEL



DIANE VON FURSTENBERG



HANNAH COLLECTION



EDUN



Crop top Witchery at Woolworths R249; **trousers** Forever 21 R529; **heels** Call It Spring R499

FINE line

Tattoos can be sexy, bold, delicate or intriguing. No wonder celebrities, models and cool girls everywhere are wearing their art on their sleeves.

Tattoos on your hands used to mark you as a criminal. Now they mark you as a barista, bartender, graphic designer or model. Polls show that nearly 40% of millennials have at least one tattoo and, for the first time ever, women are more likely to be inked than men, other researchers have found. Not only do more people have tattoos, but they are putting them in places that are right out in the open.

"Women in the US have been getting tattooed since the 1600s, but the tattoos were mostly concealed by clothing," explains Anna Felicity Friedman, author of *The World Atlas of Tattoo* (Yale University Press, R423). "Now, women get tattoos that are regularly exposed, and aren't being stereotyped."

And never before have the people wielding the needle been as artistic or worked with finer lines as today. This means it's much easier to create more delicate designs and details, says tattoo artist Minka Sicklinger.

The myriad tattoos that result are as unrestricted as the imagination. And if that's all a big mistake? Well, removal techniques have advanced a lot, too.

Needle work

The pros talk trends.

Tiny tats The next big thing is little. The motifs are the same – stars, flowers and initials – but smaller. "People now want lines that are as thin as possible," says Julie Bolene of American Electric Tattoo Company.
Occult imagery "It's a strong trend right now, with its own symbols, like moons and triangles," explains Julie.
Circles "These may be one of the hardest shapes to pull off," reveals Julie. "Try taking a pen and drawing a perfect circle." It's tough! So if you want one, go to an expert tattoo artist who has done many circles before.
Upside down "Historically, we have oriented tattoos so that other people can read them," explains Julie. "But a huge trend is to do lettering so that the person wearing the tattoo can read it. It's weird when people get crosses though, because to someone looking at them, they're satanic."

No regrets

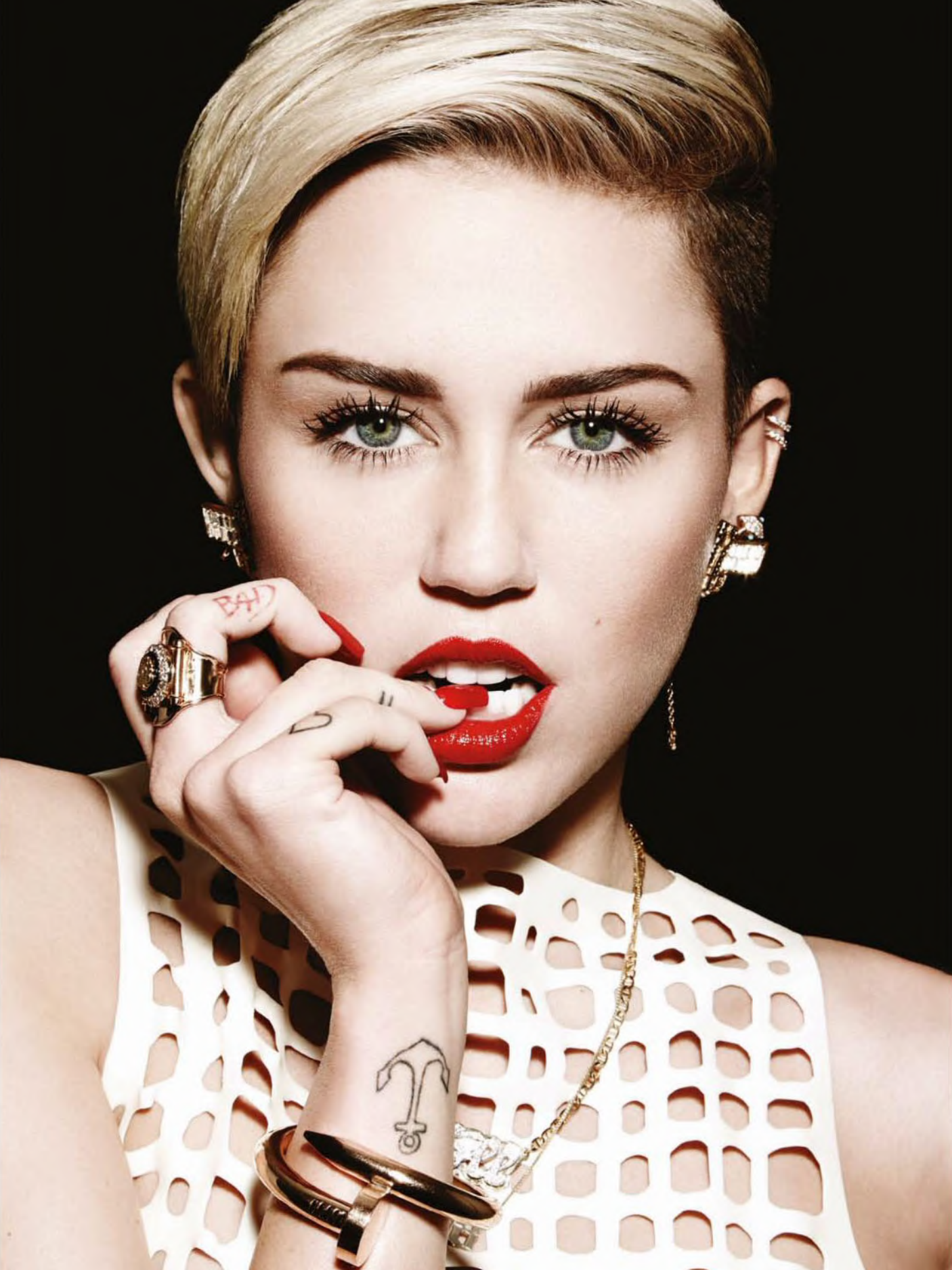
If you're indecisive, skip it.

Know your design If you're indecisive about the actual design you want, then you're probably not ready to commit to a tattoo, says Yoni Zilber, a tattoo artist at New York Adorned. "Think about it and come back in two weeks, or two years. Tattoos aren't going anywhere."
Avoid white ink It's notoriously unpredictable. Depending on how the ink reacts with your skin's pigment, white tattoos can turn yellow or even brown. "Instead of getting a tattoo that's almost impossible to see, just don't get one," recommends Yoni.
Don't be vague "It's hard to be with people who say, 'I want a tattoo that feels like freedom,'" says Joy Rumore of Twelve 28 Tattoo. "If you don't have a basic idea of what you want your tattoo to look like, I'll never be able to hit that nail on the head. Bring images. Even if it looks like a kid drew it, a sketch is the best interpretation of what you want."

Fade out

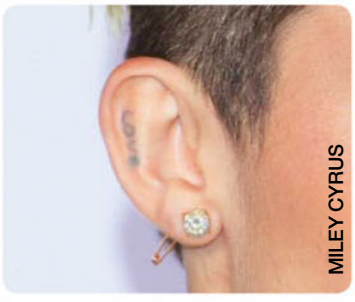
How to keep it looking fresh.

"It's impossible to keep a tattoo looking new forever," says Minka. "Embrace the fact that your tattoos and your body change over time." How long a tattoo lasts also has to do with how well you take care of it.
Be careful Treat a fresh tattoo as you would an open wound. For the first two weeks, wash your tattoos at least three times a day with antibacterial soap, and stay out of germ incubators, like swimming pools, saunas and the gym. Also, don't shave the tattooed area or apply makeup over it.
Stay out of the sun "Use SPF30 or higher and reapply it every two hours," says dermo Dr Francesca Fusco. Don't get taken in by tattoo-specific sunscreens – they're no different from the regular stuff. If the design is under your clothing, hold up your top to the light. If you can see through it, sun will hit your skin. ▶


BAD

Next hotspots

Among the most popular places to get inked: "Anywhere that you can hide, but is easily visible if you want it to be," says tattoo artist Joy Rumore. Here, the trending areas, mostly thanks to Miley Cyrus.



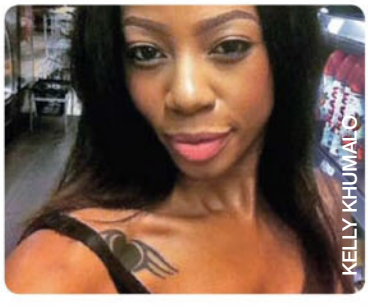
Ear Spotted on Miley Cyrus, Cara Delevingne and Catherine McNeil.



Sternum and rib cage Fans include Rihanna, Lea Michele and Megan Fox.



Wrist A favourite of Zoe Saldana, Emma Stone and Angelina Jolie.



Collar bone Displayed by Kelly Khumalo, Ruby Rose and Rihanna.



Feet Sported by Bonang Matheba, Ashley Greene and Jennifer Aniston.



Fingers Miley loves these, as do Abbey Lee Kershaw and Beyoncé.

Disappearing ink

It's too late for Johnny Depp, but there are now much better ways to get rid of your ex's name than turning 'Winona' into 'Wino'.

The process is faster

New laser treatments mean more effective tattoo removal. Powerful lasers have been introduced in America that use a pulse width that's 100 times shorter than the traditionally used nanosecond layers.

"You need about half the number of sessions as before," says Dr John Adams, an internist with Rethink Tattoo Removal in the US. And the shorter pulse width is able to break up blue and green ink, colours that were almost impossible to get rid of in the past. "They've gone from our most difficult colours to our easiest," says dermatologist Dr Roy Geronemus.

Locally, the Q-switched laser is popular as it targets the pigment of the tattoo by depositing high levels of energy over brief periods to microscopically shatter the tattoo ink and disperse it into the skin.

It doesn't come cheap

The costs depend on the tattoo's size and colour, and the patient's skin colour (technicians have to be more careful with dark-skinned patients to make sure the laser doesn't remove skin pigment along with the tattoo).

Removal can take anywhere from one session (for a small black ink tattoo) to more than 10 (for a full-colour sleeve). Sessions typically start at about R650 for a small, black design.

Text: Ramona Emerson; Photography: Damien Fry, Gallo Images/Getty Images, Gallo Images/Wire Images, Fairchild Archive, Denzil Jacobs, Etv EkSe Zwakala, Jo Spies Photography, Givi Woodley

Celeb skin

Nine celebs talk about the tattoos that they have, and dish on the ones that they want to get.



FERGIE

"There are many I'd like, but I've never taken the plunge."



LEIGH-ANNE WILLIAMS

"I'm not a fan. Plus, my mom would skin me alive!"



CHLOË SEVIGNY

"I have one that is still a secret from my mom – don't tell!"



MIRANDA KERR

"I have no tattoos, but I secretly want to get my son's name."



ANJI WOODLEY

"I'd like an elegant design down my spine, where I can easily cover it up."



NICOLE RICHIE

In defence of the 'tramp stamp'

(No, Nicole Richie, not you.) "Lower-back tattoos don't deserve their bad reputation," reveals Minka. "The lower back is one of the most beautiful parts of the female body, so anything with large, organic shapes – including flowers, snakes and birds – that follow the natural curve of the body will look good."



HAYLEY OWEN
"My sister and I got small anchors on our feet symbolising sisterhood."



DINEO MOEKETSI
"I prefer piercings. I admire tattoos on other people, but not on myself."



CHRISTY TURLINGTON BURNS
"I had one. Painful to have on and painful to take off."

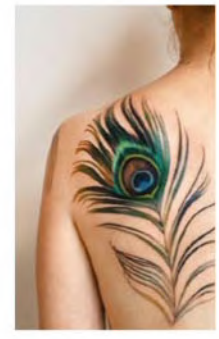


MARY J BLIGE
"I have seven. I'll never get another. I regret getting all of these."

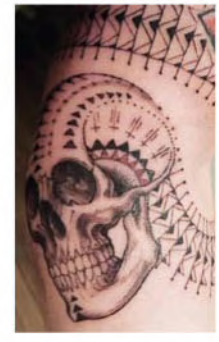
G FOR EVEN MORE CELEBRITY TATTOOS, BE SURE TO HEAD TO **GLAMOUR.CO.ZA**.

Art gallery

Meet the celeb tattoo artists who decorate the limbs of Hollywood's red-carpet regulars.



Amanda Wachob
Painting and tattooing can overlap, says Amanda, who is inspired by abstract expressionists. She uses watercolour-style brushstrokes.



Scott Campbell
The owner of Saved Tattoo in Brooklyn, Scott is a master of diversity, famed for skulls patterned with roses, intricate geometric designs and swirling script.



Brian Woo
His tiny, finely detailed black and grey tattoos look almost too delicate to be permanent, making the Los Angeles artist a favourite of fashion model Erin Wasson.



Roxx
She's known for black tattoos with geometric and organic shapes that make her clients look like "superhero versions of themselves," she explains. G

The big skincare switch-up

Take your complexion from winter into spring with these smart moves.



The 4 skin spoilers you need to fix

Oil build-up

Ever wondered why you get more breakouts in summer? "Heat and sun exposure boost oil, whatever your skin type, causing clogged pores and acne," says skincare developer Dr Dennis Gross.

The solution Avoid overcleansing. "Oil is your skin's natural hydrator, so cleansing too much can actually make it produce more," reveals dermatologist Dr Harold Lancer. We love [1] **Garnier Even & Matte Gentle Clarifying Foam** (R34.95).

Sweat

Like oil, sweat can wreak havoc with pores. "Our bodies perspire to cool down, but this can create the perfect environment for bacteria to breed," explains Andrea Craig, skincare training manager.

The solution "To stop your pores filling with bacteria, moisturise your skin straight after a workout or being in extreme heat," advises Andrea.

"Sweat can get trapped if it hasn't been exfoliated properly too," warns skin expert Tom Ogden. We like [2] **Good Things Manuka Honey Refining Scrub** (R69.95). Then apply a face mask twice a week to hydrate.

Temperature changes

"When the new season hits, you'll find that the combination of hot weather and air conditioning dries out your skin," says Dr Lancer. "This is a recipe for a dull, uneven complexion prone to breakouts."

The solution "Facial spritzes are great for topping up hydration on the go, plus they can be worn over makeup," advises Tom. TRY [3] **Avène Thermal Spring Water** (R149.95). "The healthier your skin, the better able it will be to cope," adds Andrea. "Hydrate it from the inside out by eating water-rich foods, like raw fruits and vegetables."

Sun damage

"Without protection from harmful UV rays, your skin will suffer from burning, scaling, hyperpigmentation and freckling," warns Dr Lancer.

The solution "Find a sunscreen that you love so that you enjoy applying it as much as possible," suggests Dr Gross. "Look for facials that use a mixture of alpha and beta hydroxyl acids, as well as vitamin C, a powerful antioxidant that helps fade sun spots." Stay on top of pigmentation with a day cream, like [4] **Neutrogena Visibly Even Daily Moisturizer SPF30** (R139.95).

Sunscreen smarts

Skincare vs suncare

"Follow your usual skincare regime, then apply your SPF," recommends Dr Lancer. "If using both moisturiser and sunscreen is too oily, then it's safe to just wear sunscreen." TRY [6] **Placècol Illuminé Sun Protection SPF25** (R350).

Which formula?

If you're prone to acne, "Thick, oily creams can cause irritation and blocked pores," Andrea reveals. We recommend [5] **Eucerin Sun Gel-Creme Oil Control Dry Touch Face SPF50+** (R179.99)

How much to use

"Applying two layers of sunscreen improves protection," says Dr Jennifer Jones, consultant dermatologist to Garnier. "Apply before you head to the beach, and again when you get there."

Be super vigilant

"You can get sun damaged all year round, and even through windows and windshields," warns Dr Howard Murad, founder of Murad Skin Care. "Apply an SPF every two hours if possible, even if you're not outside all day." Great for everyday use: [7] **Clarins UV PLUS Anti-Polution Day Screen SPF50** (R465). ▶

Text: Philippa Pearne; Photography: Beau Grealy, Gallo Images/Getty Images, Gallo Images/Wire Images; Styling: Melissa Ventosa Martin; Model: Laïs Ribeiro; Stills photography: Andre Wepener/Pixel Lounge

G LOOKING FOR NATURAL SKIN SECRETS? YOU'LL FIND THEM AT **GLAMOUR.CO.ZA**.



TIP!
If you're wearing and applying SPF throughout the day, make sure to do a double cleanse at night to clear pores.

Your new season switch and ditch

Help! **I have oily skin**

DITCH Cleansing wipes: "They don't remove makeup or dirt properly," Tom explains. "And the same goes for detergent-based cleansers."
SWITCH To gel-based products: "They are excellent for oily skin," says Dr Gross. "Also, go for an oil-free moisturiser to prevent clogged pores."
TRY [1] Nivea Daily Essentials Refreshing Facial Wash Gel (R49.99).

Help! **My makeup is too heavy for the heat**

DITCH Full-coverage liquid foundations, which can go patchy and sticky.
SWITCH To a lightweight, oil-free BB cream that leaves a sheer finish, doesn't clog pores and helps to conceal redness.
TRY [2] Rimmel BB Cream 9-In-1 Skin Perfecting Super Makeup (R99.95).

Help! **I have dry skin**

DITCH Heavy moisturising creams.
SWITCH "To a light lotion that's high in SPF and antioxidants to fight free radicals and sun damage," advises Dr Lancer. "Get your added hydration at nighttime from a thicker night cream," recommends Andrea.
TRY [3] Ponds Age Miracle Deep Action Night Cream (R144.99).

Help! **I need to find a cleansing oil**

DITCH Cleansers with essential oils: "They can make your skin even more photosensitive," explains Andrea.
SWITCH "Go for an oil cleanser that includes sunflower and grapeseed oil" is Andrea's advice.
TRY [4] Vichy Pureté Thermale Oil Cleanser (R290).





BEYONCÉ

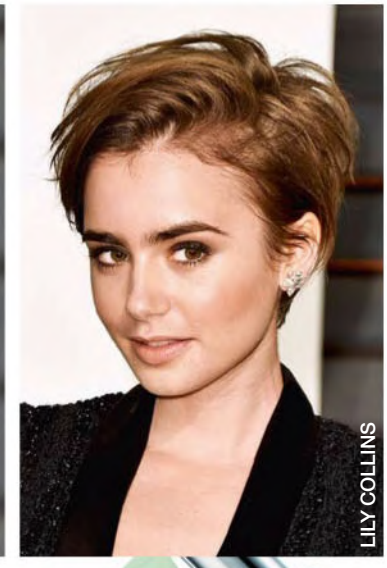


LILY JAMES

A-list skin we love



LUPITA NYONG'O



LILY COLLINS

And don't forget your eyes…

"Choose an eye cream that's more lightweight than your winter one," advises Dr Gross. "Look for products containing antioxidants, SPF, vitamin C or retinol." TRY [5] **Clinique Superdefense SPF20 Age Defense Eye Cream** (R415) or [6] **Lancôme Génifique Yeux Light-Pearl Eye Illuminator** (R850). If you accidently get sunburnt around your eyes, don't panic. "Apply some aloe vera around the area," Dr Gross says. "It's the most natural way to treat sunburn, as it helps to soothe the heat and reduce damage to tissue," he adds.



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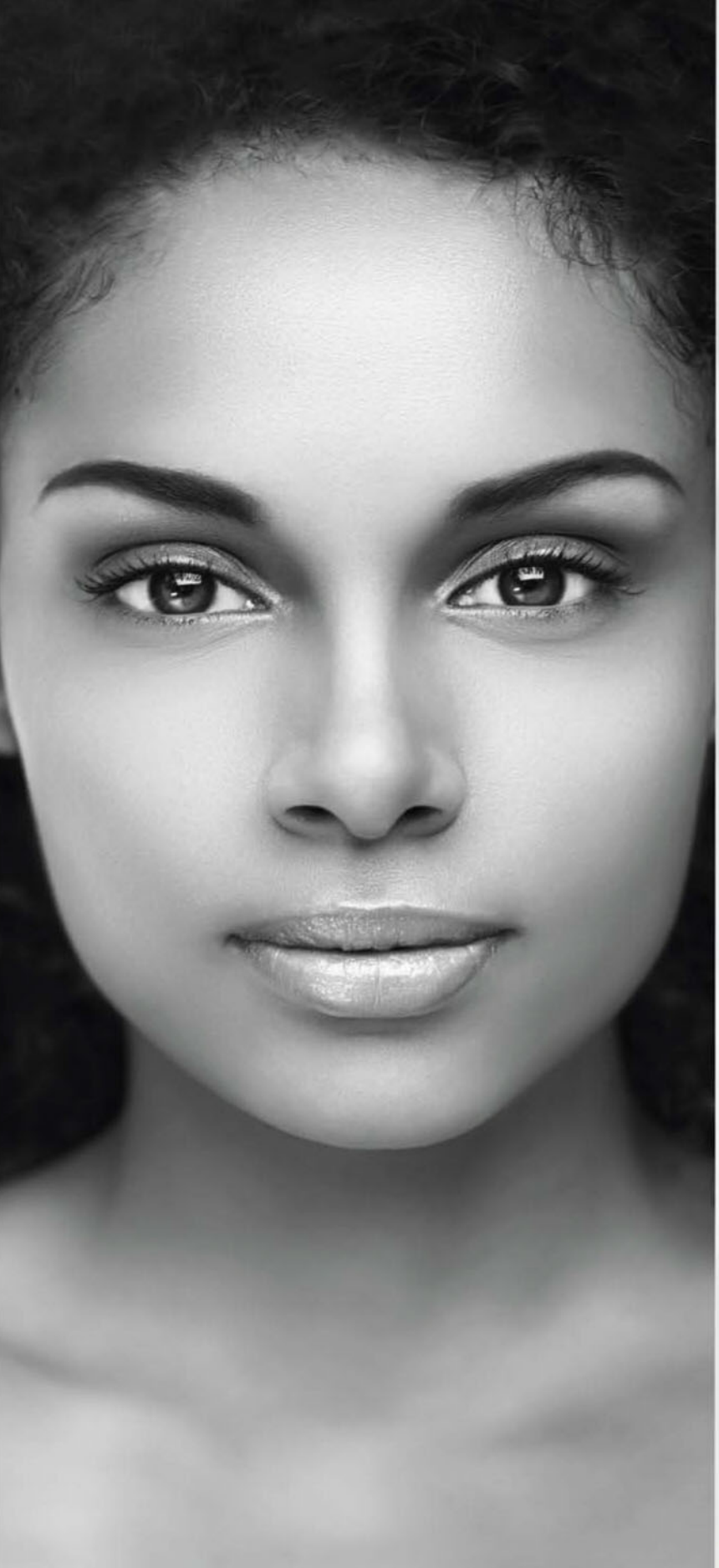
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GLAMOUR

Weddings



Photography: Matt Jones; Styling: Sarah Gore Reeves; Hair: Takuya Sugawara at Walter Schupfer using Aveda; Makeup: Angie Parker at Altered Agency using Nars Cosmetics; Manicure: Donna D at ATBP.com for Chanel; Model: Arlenis Sosa; Production: Dario Callegher/P Studio; Flowers: Pistil and Natinel Designs

51 Inspiring ideas for your big day

You beauty!

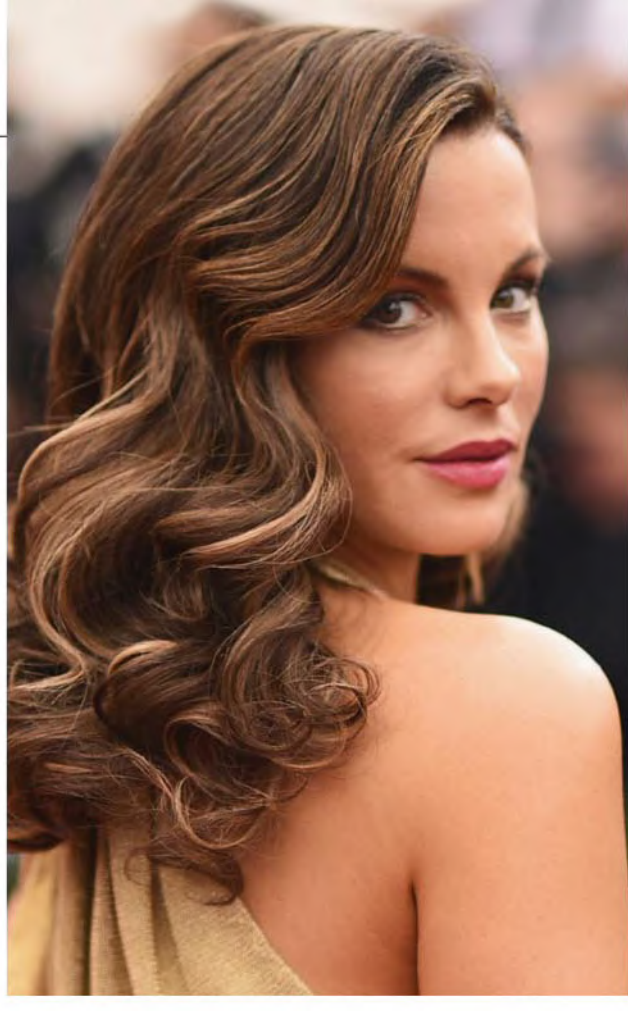
Pro skin, hair and makeup advice to ensure that you're a totally radiant bride.



Jourdan Dunn adds elegance to her long bob with a sleek side parting and face-framing flicks.

Nicole Ari Parker gives her braids a romantic twist, piled high on her head and pinned into a dramatic 'do.

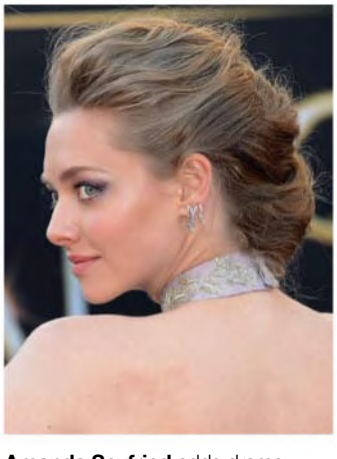




Kate Beckinsale goes for a loose version of classic curls, with striking waves falling across her face.

The new way to wear your hair

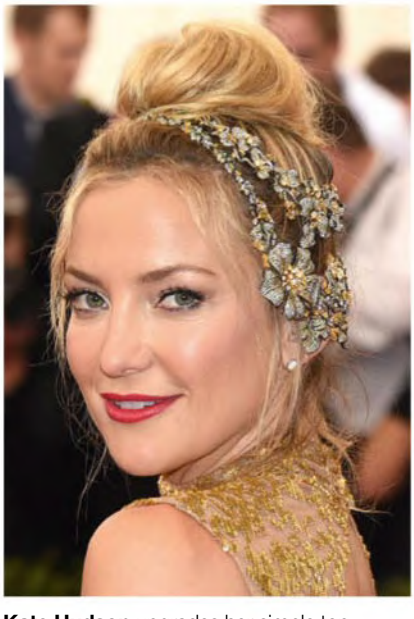
Want to take your big-day hair to the next level? Try these easy celeb styles to amp up your look.



Amanda Seyfried adds drama to her updo with fullness in the front and three sections for volume.



Solange Knowles embraces the casually chic bob by playing with her texture, not against it. Imperfect locks look modern!



Kate Hudson upgrades her simple top knot with a striking hair accessory. A few wispy pieces falling free add romance.

G FOR MORE WEDDING BEAUTY TIPS AND LOOKS, VISIT **GLAMOUR.CO.ZA**.

The real reason your skin is playing up

Just when it seems you've got this wedding planning nailed, your skin does something completely new. Eek! So, what gives?

1 Dieting

A low-carb diet may do wonders for your thighs, but a high protein intake can dry out skin, leading to tight patches and a rough texture.

A low-fat diet can also be a problem: skin needs lipids to maintain a strong, supple barrier, so cutting out fat can cause sensitivity and weakness.

The solution If you're low-carbing it, drink lots of water and use a quenching serum, like [1] **Dior Hydra Life Pro-Youth Sorbet Essence** (R960). Low-fat fans should include leafy greens, almonds and avo in their diets; these are rich in 'good fats' and vitamin E. And apply a topical oil, like [2] **Clarins Blue Orchid Face Treatment Oil** (R455).

2 Hormones

It's an old wives' tale that if you stop taking the Pill when you get engaged, your body will readjust after a year. (Err #newsflash: you're immediately unprotected.)

Got red pimples around your nose, mouth and chin? That's because you no longer have a constant supply of artificial oestrogen, which suppresses your naturally occurring androgen 'male' hormones. These affect the skin's sebum production, and now it's a pore-clogging bonanza.

The solution Clean up congestion with pH-balanced products that won't strip precious oils. TRY [3] **Johnson's Face Care Oil Balancing Gel Wash** (R49.95).

3 Stress

No woman on earth has organised her wedding without losing her cool at least a bit. Even if you are a pro at the Keep Calm and Carry On facade, inside, it's another story.

When your body responds to stress, which includes anything from anxiety to occasional interfering-family rage, your adrenal glands release the steroid cortisol. Despite its good intentions to stabilise our organs, cortisol can inhibit collagen production. As a result, over time, skin loses its radiance and glow, and starts to look lifeless.

The solution Thanks to our demanding lifestyles and hectic work hours, there's a trend for gentle, anti-stress skincare now. TRY [4] **Kiehl's Skin Rescuer Stress-Minimizing Daily Hydrator** (R595).

4 Working out

Anyone sweating it out at the gym merits applause. And a little advice, too.

Your skin may react to an exercise plan with 'baby acne': tiny, red spots and boils along the hairline and jaw. This is because excess perspiration can aggravate the yeast (candida albicans) that occurs on skin and, in some people, it causes a fungal skin infection.

The solution See your GP for an antifungal cream. Then, wash your face before and after every workout with a hypoallergenic cleanser. We recommend [5] **Bioderma Sensibio Lait Cleansing Milk** (R189.95).



5 Must-haves for every bride

1 The nail colour that looks good on everyone

A limited edition wedding shade, go for **Essie Nail Colour** in Brides to Be (R124.95).





2 The mascara that won't budge

We simply adore **Sensai 38° Mascara** (R410). It won't run unless you wash it off with water warmer than – you guessed it – 38°C. Genius!



3 The general makeup helper

You don't want to go to all of that effort only for it to rub off. Step in **NYX Matte Finish Make-up Setting Spray For Face & Body** (R179.95), which keeps makeup fresh.



4 The glow enhancer

Guerlain Météorites Compact Light-Revealing Powder (R820) blurs skin imperfections.

5 The scent that you'll love forever

Only a few drops of **Armani Sì Huile de Parfum** 30ml (R1 395)* will leave a longlasting, heavenly aroma for when you say yes at the altar.



Text: Alice du Parcq; Photography: Gallo Images/Getty Images, Gallo Images/Wire Images; Stills photography: Andre Wepener/Pixel Lounge. *On counter: October 2015.



Budgeting for your big day? Here's how.

Getting ready to say 'I do'? Big-day bottom lines come in all shapes and sizes. Here's how to corral, cushion and control yours.

Your wedding budget, sorted!

Annie Lee, a top wedding planner and founder of Daughter of Design, has your financial road map.

1 Get on the same page as your partner about spending

Decide how much of your own funds you want to use and agree that you will not go into debt. If you want a major wedding, you should have up to six months' salary in savings for this purpose. If this is a stretch and you want a big party, consider opening a joint wedding savings account and prolonging your engagement so that you can stockpile and pay as you go.

2 Draw up a realistic guest list

If you have large families and/or lots of friends, divide the list into an A team (musts) and a B team (optionals). TIP! If you're on a very tight budget, it's fine not to invite work colleagues and to get thrifty with plus-ones!

3 Now be prepared for the 'Won't be attending' RSVPs

Regardless of how grand your wedding is, 10-20% of invitees won't attend, especially if you have guests coming from abroad. Anticipate a higher guest drop for a destination wedding.

4 Ask your parents if they'll pitch in, and if so, how much

Add it all up and you've got a budget!

5 Once you have your figure, cut it by 10%

This gives you room to go over, which many people do – especially for destination weddings. (Studies show that 40% of those couples overspend, as do 32% of those who marry locally.)

6 Get comfy with Excel

Your spreadsheet should have three columns: 'estimated', 'modified' and 'actual'. Amounts under 'estimated' will be driven by research, vendor proposals will fill up 'modified' and 'actual' will have your final expenses.

Text: Courtney Balestier; Photography: Colette De Barros

G GET MORE TIPS TO BEAT THE WEDDING-BUDGET BLUES AT GLAMOUR.CO.ZA.

7 Use average percentages to help you allocate money

Rearrange according to your priorities. (For instance, if you geek out to gold foil and letterpress, up the paper percent.) Then adjust your numbers after calling the vendors for costs. Ta-da! You've filled in your 'estimated' column. Make sure that the total doesn't exceed your budget – and never delete your estimates, so that you can always see where you started.

8 Book the venue first

It's the biggest slice of the wedding pie, and it'll help you lock in your guest count, which is a crucial predictor of your total budget. (For example, if your venue charges R400 a head, the difference between 200 and 250 guests is a massive R20 000!) Book vendors like your florist and stationer later, but if you do have a dream person, make sure of availability on your date before finalising the venue.

9 Book the caterer second

If your wedding is going to be held at a hotel or a country club, the catering costs will likely be part of the overall deal, and all of your per-head costs will fluctuate based on your menu choices. If you're celebrating your big day in a loft or a tent, catering will be a separate item and probably the second-biggest number in your spreadsheet.

10 Book everything else

Before signing on the dotted line, always ask, "Have I missed anything? Does this number include everything?" If you're hiring a wedding planner, they'll know the drill. If you're on your own, make sure that your vendors reveal every hidden cost, from cake-cutting and corkage to overtime and transportation fees. If you're not sure, ask a friend who planned a comparable party and may have learnt the hard way.

11 Tweak your wedding-budget numbers as you go

No big deal. It'll all work out! We promise.

12 Get the most bang for your buck

To help you save, Alexa von Tobel, CEO of personal finance company LearnVest, suggests, "Cut back on the hard goods (flowers, favours) and invest in services (photography, music). That's what you and your guests will remember the most."

Always negotiate

Yes, you can work a deal. Below, three members of the GLAMOUR team share their wedding-day best gets.

"My mom made our wedding cake, so we saved quite a bit there. She's an excellent baker and it added a nice personal touch to our big day." – **Micarla Lucas-Kadir, syndication and editorial assistant**

"We did our homework before we booked, weighing up all the options, extras and hidden costs (like venue cake-cutting fees). It helps to look for a package that includes everything, as well as accommodation for the night and discount rates for guests." – **Michelle Brownlee Smith, deputy editor and beauty director**

"Ask your wedding vendors if they can tailor-make a package for your needs. For example, most photographers and videographers offer a choice of packages, all depending on factors like the number of hours they attend the event and the music for the video. Our videographer did this for us and it saved a few thousand rand, and made all of us very happy!

"Two other great areas to consider in your costs are flowers and invites. Choose blooms that are in season and send out e-vites. You can save thousands of rands if you don't use print and post." – **Staci Lazarus, managing editor**

Ace the money talk, like this

Pros weigh in on how to ask your folks to bankroll the party.

"Schedule separate chats (you with your parents, your partner with theirs) to save them from potential peer pressure or awkwardness. These days, financing a wedding is usually a joint effort." – **Anna Post, co-author of *Emily Post's Wedding Etiquette* (HarperCollins, R423)**

"Ask for contributions towards specific purposes. For example, your dad may be excited to pay for your dress, but less thrilled to pay for a confetti cannon. Be flexible. Small compromises keep everyone happy." – **David Tutera, star of TV show *David Tutera Unveiled***

"People who give cash think that they have a say in how you should spend it. Well, guess what? They do! Money means influence. That's just the way the world works. So keep that in mind." – **Emily Yoffe, etiquette writer for slate.com**

Look for easy ways to trim

Make the 9 cuts below and slash your budget by a third, says event pro Josh Brooks of Fête.

1 Move three couples to your B list.
2 Get married in off-peak season.
3 Buy your gown off the rack.
4 Decorate with candles to minimise the number of flowers needed.
5 Book a photographer for six hours instead of the standard eight.
6 Book a DJ in lieu of a live band.
7 Offer a signature cocktail, wine and beer instead of a full bar.
8 Don't have main meal choices.
9 Serve a vegetarian first course and a chicken main course. ▶

5 Secrets to having a stress-free wedding

By Amanda Cunningham, the managing director and owner of The Wedding Expo.

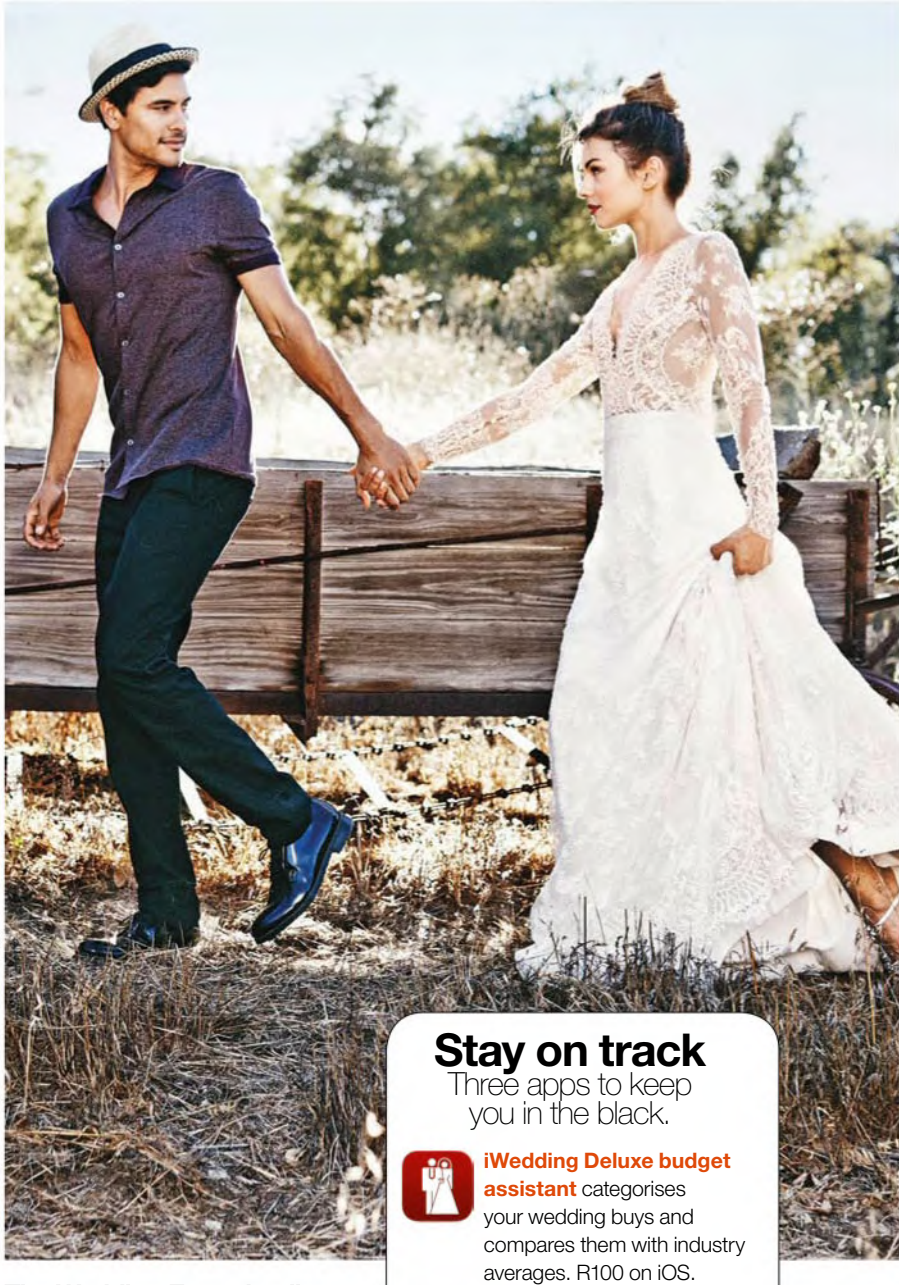
1 **Don't expect perfection**
Understand that the build-up to a wedding can be a stressful time. That way, you won't be caught off guard if problems arise. And remember that the mistakes are sometimes the most fun and enjoyable things to reminisce about.

2 **Pay attention to your future spouse**
It's very easy to get so wrapped up in wedding preparations that you neglect your future spouse. Don't make this mistake! Make sure that you still go on dates together and that you talk about the future you will share when the wedding day has passed. It's good to look forward to your honeymoon; it's even better to have things to look forward to after your honeymoon!

3 **Delegate to others**
Find people who you can rely on to take responsibility for some of the wedding preparations. Once you've done this, consult together every so often, but have enough trust to leave them to do what's needed.

4 **Pamper yourself**
Don't take your wedding day too seriously! Yes, it's important, but it's only one day in your entire life. So book a body massage or indulge in something that makes you feel great.

5 **Visit The Wedding Expo!**
An expo is ideal for every bride-to-be as it's an excellent chance to meet an array of service providers face-to-face. That way you can explore various options and see if you share a rapport, instead of going to different locations and setting up different appointments. You'll find a mountain of inspiration all under one roof, from bridal gowns and themes to decor and stationery. Altogether, an expo really can be a one-stop shop for future brides – and grooms!



The Wedding Expo details

Joburg
Dates 22-23 August 2015
Venue The Ticketpro Dome
Ticket R120

Cape Town
Dates 3-4 October 2015
Venue The Cape Town Stadium
Ticket R80

Info Go to wedding-expo.co.za for more info. Get your tickets online or at the door.

Stay on track

Three apps to keep you in the black.

iWedding Deluxe budget assistant categorises your wedding buys and compares them with industry averages. R100 on iOS.

WeddingHappy helps you streamline your to-do list by keeping track of what tasks you've completed. Free on iOS.

Wedding Plandroid allows you to manage your budget, keep track of vendors, manage your guest list and more. Free on Android.


Love *is in the details.*
FANDAM|AK2015|03A|E
In Eastern mythology, seahorses are thought of as tiny sea dragons, symbolising good fortune. In Mediterranean waters, they are seen as the embodiment of Neptune, offering protection to sailors. As makers of fine jewellery, we are moved by such powerful symbolism. Through the careful selection and setting of exotic gemstones, we hope to imbue the wearer with love and good fortune.
ARTHUR KAPLAN

DIY bride

Step-by-step styling for crafty brides.


1

5 Seating chart ideas

1 Sophisticated name cards
Write your guests' names in black ink on gold-lined envelopes. Cut out scallop-edged discs from pink cardboard using a punch or by hand. Write the table numbers on the discs and put inside envelopes.

2 Retro-feel rosettes
Make A3 photocopies of printed fabric and cut out 5cm-wide strips along the length. Make a fold in a strip 1cm from a short edge. Turn the strip over and then repeat before pleating the whole strip into a rosette. Glue the ends together and push the edges inwards. Glue the centre and leave to dry. Write your guests' names and table numbers on the strips and glue them to each rosette, secured with a button.

3 3-Dimensional hearts
Cut hearts out of coloured cardboard. On one side, write a guest's name and table number. Cut a slit from the tip of the heart to the centre, and slide the blank side under the written side. Stick in place.

4 Repurposed photo frame
Cut coloured cardboard into 8cm x 3cm rectangles. Use a pen to write each guest's name and table number on the cards. Take a picture frame, remove the backing and attach ribbons to the top and bottom of the frame, spaced 5cm apart. Turn right side round and stick the cards to the ribbons.

5 Popcorn-filled boxes
Put name cards on sticks in popcorn boxes.


2


3


4



5

5 Things to do with a doily



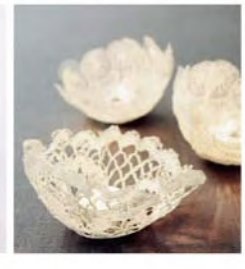
Unique envelopes
Doily details add a touch of whimsy to wedding invitations.



Flyaway bunting
Cut out delicate shapes and hang along walls for easy DIY decor.



Dainty drinks
A fabulously simple idea. Cut out a shape and stick to a bottle.



Trendy tea lights
Make a candleholder with a twist with a doily and some cardboard.



Cute napkins
Give napkins a vintage feel by adding doilies in various patterns.

4 Ways to use pics


1


2


3



4

1 Grow it on trees
Fill a bucket with floral foam, insert bare tree branches into it and cover the top with moss (any florist should stock what you need). Photocopy photos of you and your groom, then glue them onto larger white cardboard to create a border. Punch a hole in the top and thread ribbon through each card to attach to the tree.

2 Personalise those napkins
Photocopy photos and cut to the size of your napkins. Cover the image side of each with photography paste using a small brush. Place the paper paste-side down onto your napkins. Leave to dry overnight. Rub a damp sponge over the paper until the image appears. Rub away any residue and leave to dry overnight.

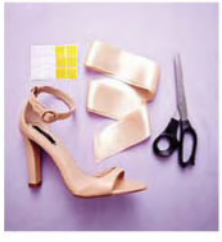
3 Make cool confetti
Create a collage of photos on an A3 sheet of paper. Cut into 15cm squares. Roll each into a cone shape and glue along the inside edge. Create bows with ribbon and glue to each cone. Fill the cones with petals or paper confetti.

4 Fab up your favours
Gather your favourite photos and stories about you and your groom, and send them to Secret Diary (secretdiary.co.za), which will then compile the images and information into cute miniature newspapers.



Bow-tiful shoe detail

Cut a length of ribbon 1½ times the circumference of your ankle. Attach Velcro squares to both ends so that they stick together when looped over. With another piece of ribbon, tie a bow. Attach this to the end of the looped ribbon using Velcro squares. Attach the bow to the shoe with Velcro squares (or a glue gun to fasten permanently). Simple to smart in no time!





Take a jar...

From decor to drinks, maximise on the versatility of glass.



Personalise your pud
Sweeten your desserts by serving them in mason jars. Tie on a special message with striped twine.



Cool up your cocktails
For a playful (and eco-friendly) twist, serve drinks in vintage-style jars with cute straws.



Get a pretty glow
Battery-operated fairy lights in a glass jar give off soft, romantic light.

Text: Laura Burkitt; Photography: Nato Welton

THE DREAM WEDDING

The difference between a wedding dress you love and the dress you were



Apple

Like Mindy Kaling

A deep V-neck elongates your midsection, making it look slimmer. Plus, it pulls eyes up towards your décolletage.



Pear

Like Jennifer Hudson

This corset-style bodice narrows your waist, and a heavier fabric and structured skirt skim over your body.



Petite

Like Anna Kendrick

A trumpet or modified A-line with a raised waist makes you look taller. Stay away from overwhelming ruffles and layers.



DRESS FOR YOUR SHAPE

meant to wear is all in how it looks on your body. Here is your guide.



Tall

Like Taylor Swift

Play to your strength with a minimalist and linear look, and go easy on the embellishment, – it can look OTT on a long frame.



Athletic

Like Ciara

Add feminine curves to your hard-won angles with a bodycon fit-and-flare design in a fluid fabric. Gathers are also good.



Hourglass

Like Kim Kardashian West

A waist-cinching, shaped silhouette enhances your assets. A detailed or sweetheart neckline mimics your curves. ▶



Remember the alterations

"You can splurge on a pricey dress, but if you don't get it altered well, it won't look any better than a gown that's half the cost," says Terry Hall of Kleinfeld Bridal. Consider these things.

Your timeline

Start shopping 10 months before your big day: it takes 16-20 weeks from the time you place your order for the dress to arrive in the shop. For standard alterations, expect to have two to three fittings over a period of two to four weeks, with the last fitting no later than two weeks before the day.

If you want major changes – reworking the corset or cups, for example, or perhaps accommodating a pregnancy – allow for a few extra weeks for alterations.

Your real budget

Alterations can add up. Some shops charge per service; others do a flat fee that covers anything you'll need for a perfect fit.

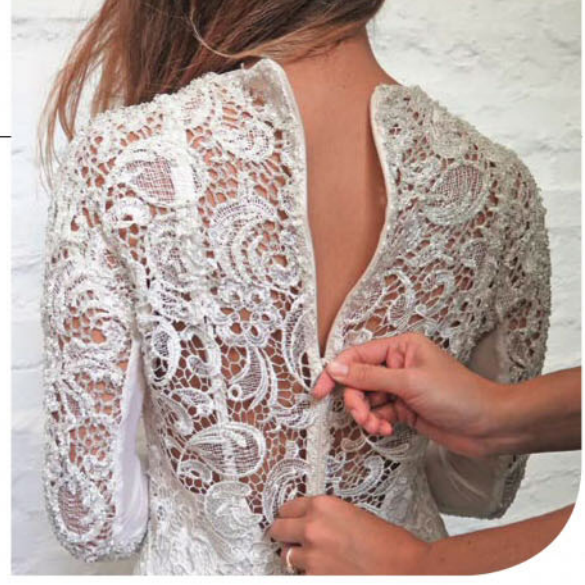
Design changes can cost anywhere from R500 (to hem) to R2 000 (to add lace or beading, reshape the silhouette, cut a sweetheart neckline or change the fabric). Factor in these costs before you buy.

Your wedding weight goal

Never order a too-small dress as motivation to lose weight, says Terry. Even if you're diligent about those kale smoothies, you can't predict how much you'll shrink – and it's easier to take a larger dress in than to let a smaller one out.

Instead, consider a gown with structure. About 40% have built-in corsets, which can be easily tightened or loosened. And ask if the dress designer will build new cups if your bust size changes (some won't).

Can't find a corset dress that you love? Try an A-line cut, as this covers lingering kilograms. In general, the slinkier the wedding gown is, the harder it is to fix the fit if you gain or lose weight.



3 More ways to flatter

Now that you have found your ideal silhouette, take these into account.

Fabric does matter

A heavier, more structured material will hold its shape and smooth your figure. Try silk shantung, taffeta or lace; avoid clingy jersey, unstructured silk or filmy chiffon.

Think about colour

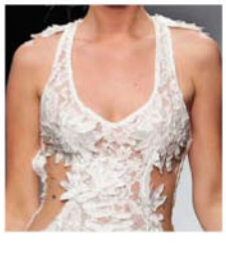
Off-white shades, like ivory and eggshell, can be much more flattering than wearing true white. And don't be afraid of pastels like blush and mint green; a colour that works with your hair, eyes and skin tone helps distract from body issues.

Consider the length

The bottom of your dress should graze the floor. (Bring your wedding shoes when you have it hemmed!) Tea length works best on taller brides, but if you're petite, you can still pull off the look. Make sure the hem hits just above the curve of your ankle to elongate your legs. Knee-length styles should end where your knee dips in to meet your calf; drawing attention to your legs' smallest point helps them look lean and willowy.

Nail that neckline

Whatever your situation up top, there's a perfect frame for it out there.



Broad shoulders
Try a halter

The diagonal straps draw the eyes inwards, taking the focus away from your shoulders and to your décolletage.



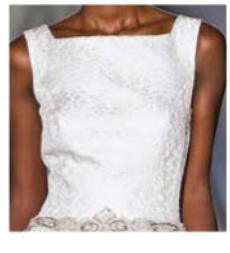
Small chest
Try a deep V

A lovely look that softens a boyish build and makes your chesty friends jealous of you for once.



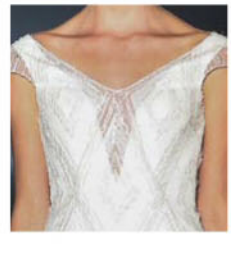
Large chest
Try a sweetheart

This classic follows your natural bustline, accentuating curves instead of shaming you into a uniboob.



Round face
Try a square

It adds dimension to your bone structure and elongates your features without feeling too revealing.



Best all round
Try off the shoulder

Amal Clooney's chosen neckline flatters most brides and downplays not-quite-Michelle-Obama biceps. ▶

G CHECK OUT OUR A-Z GUIDE OF WEDDING-DRESS TRENDS AT **GLAMOUR.CO.ZA**.

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5 Ways to love getting your dress made, every step of the way. By Gavin Rajah

You've bagged the man and been presented with the ring. Now for the dress – and the fabulous person who'll create it for you!

When it comes to gorgeous dresses, Gavin Rajah is a master, creating unforgettable confections for events around the world. Now he has teamed up with New York designer Chelsea Liu to create ReadyToWed, a luxurious but affordable bridal range for women who want all of the style, but not all of the spend. Want to love choosing and designing your dress? Take advice from Gavin himself.

1 Know your budget

If your visual reference is a photograph of a celeb dress complete with pearls, crystals and a train for miles, you'll see your dress designer's face drop. Why? Because they know that the dress you're showing them cost thousands and thousands of dollars, and they're thinking, 'What? You want me to do this affordably in rands?'

Make sure that your fantasy dress matches what you are able to pay.

2 Stick to one idea

We all have a tendency to overdo things, especially when it comes to a wedding dress! One idea leads to the next, and eventually you have 50 reference pictures, and not one of them is connected to the others.

This will overwhelm your designer and you'll end up with a mishmash dress. Rather stay with one strong theme. Things will be simpler and more beautiful.

3 Work with what you've got

However talented your designer and magical your dress, none of us can be transformed into something we're not, so make sure that you choose a style that flatters your shape. The aim is for you to look and feel magnificent, and that means being realistic about your shape, and what suits it.

4 Be true to yourself

Too many brides-to-be allow other people to control the choice of their dress.

It's great to get input from other people, but if your future mother-in-law starts pushing you in the direction of that frumpy gown with the big bow, put your foot down politely but firmly. Your dress is an expression of your personality!

5 Enjoy the process

It's all too easy to be engulfed by a planning process that turns you into that crazy, demanding bride you swore you'd never be.

Remember that designing your dress is meant to be an exciting, fun process, not something horrific! If you make an effort to enjoy every fitting and meeting with your dress designer, it will be far more pleasant for both of you.

This is a once in a lifetime opportunity, so relish it every step of the way!



Choose a full lace number, a mermaid cut or a gown that's all about the ruffles.





Find Gavin and Chelsea's range at readytowed.us.

Additional text: Danica van der Veen; Photography: Sivan Miller, Mandy Nash, Gallo Images/Getty Images, Gallo Images/Wire Images, IMAXtree.com, Sergio Flores Manzano/IMAXtree.com, Simon Deiner/SDR; Fashion assistant: Mandy Nash


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MOROCCAN RHASSOUL BODY CLAY
FIRMING CLAY BODY MASK
MASQUE ARGILE RAFFERMISSANT
200 ml (6.7 US FL OZ)

What your *engagement ring* says about you

Whatever your personality type, there's a sparkler out there that will speak volumes about you!



"My dream proposal: on one knee, surrounded by roses." Get a pale pink manicure before mass-SMSing your fairy-tale proposal story and a close-up photo of this **classic ring set** (Swarovski R1 659 for set) to all your friends.



"Lady Mary Crawley is my North Star." Take your love of period drama to the next level with this **sterling silver ring** (Thomas Sabo R3 960). Then toast your future with bubbly in vintage coupés.

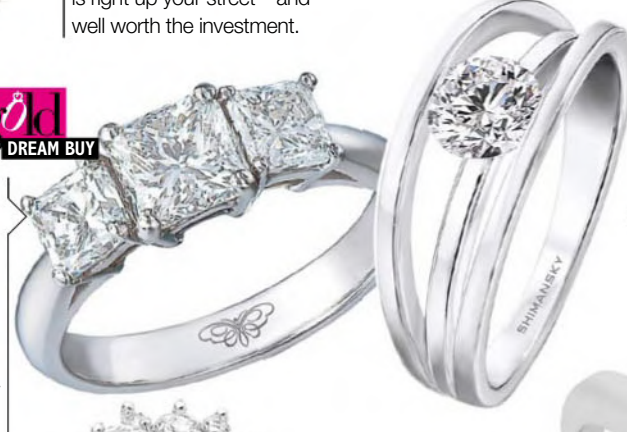


"Have you seen my rock?" You're all about being the centre of attention, which makes this **statement ring** (Ida Elsje for NUNC Diamond Jewellery R40 000) your number-one, standout pick.



"Bling is my middle name!" You adore sparkle and shine, so this **platinum diamond ring** (Arthur Kaplan R84 499) is right up your street – and well worth the investment.

GLAMOUR gold DREAM BUY



"My dress designer won a fashion award last year." You live for fashion and relish anything cutting edge. This **designer ring** (Lorraine Efune price on request) is as perfect for you as your city venue: a sceney gastropub.

"We're just a couple of kids in love." Chic and special, just as your big day will be, this **floating diamond ring** (Shimansky R22 760) is more your speed than OTT bling.



"I'm a hopeless romantic." A **floral ring** (Georgini R949) will catch the sunlight at your garden 'I do's. Your wedding must-haves? A long lace sheath, beautiful bouquets and jazz under the night sky.



"This ring means business, as do I." The setting is just like your dream wedding: sleek and stylish. Enjoy this **square-cut ring** (American Swiss R250 000) while you spreadsheet your way to complete party perfection.

Fashion assistant: Mandy Nash

G SEE YOUR FAVE CELEBS' ENGAGEMENT RINGS AT **GLAMOUR.CO.ZA**.

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FALSE LASH



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The beautiful stone terrace with its gracious, old-Hollywood mood.



Expansive vistas from the infinity pool to the horizon of the City of Gold.



A luxurious suite for your first night as newly-weds.

Marvels at The Munro

Looking for a truly sensational wedding venue? Look no further than The Munro Boutique Hotel.

Imagine saying 'I do' in an exquisite Victorian conservatory, accompanied by birdsong. Or, celebrating love with your nearest and dearest, on a sunset-gilded terrace with views for miles, bubbly on ice, and fabulous canapés. Or, perhaps your dream day involves a decadent brunch, a glamorous high tea, or an intimate dinner.

That – and more – is what's on offer at Joburg's renowned The Munro Boutique Hotel, a sumptuous blend of style, intimacy and warmth.

"Eclectic, comfortable and luxurious, but never pretentious – that is our vision," explains creator and owner Mark Kaplan.

Chefs Dimitre and Komnia Minkova bring international experience, flair and passion to the menu, from producing a personal lunch for eight to a grand dinner for 100.

And the five luxury suites include a mirrored one to ensure that the bride looks as beautiful as she feels.

As for the honeymoon, you may want to stay right here – or you may dance the night away and then depart in The Munro's own Rolls-Royce.

Love at every turn... that's what a wedding is all about. And that is what you will find at The Munro Boutique Hotel.

i For more info, visit themunrohotel.com or call 011 487 1420.

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"All happiness depends on a leisurely breakfast." – John Gunther

Morning quickies

Start your day in a delicious mood with easy and amazing ideas by foodie star Sarah Graham (that's her on the right).



SERVES 4-6

Crustless spinach and smoked trout quiches

Make these luxurious treats in a cast-iron pan that goes from stove to oven for a real one-pot wonder, or pour the filling into a lightly greased muffin tray for dainty breakfast bites that are hard not to love.

What you'll need

Filling

1 tbsp olive oil
4 spring onions, chopped
200g fresh spinach, roughly chopped
100g smoked trout, roughly chopped
½ cup grated cheddar cheese
1 tbsp chopped fresh dill or basil
½ cup crumbled feta or grated mozzarella cheese

Eggy custard

2 eggs
150ml milk (about ⅔ cup)
Pinch of freshly ground black pepper
1 tsp Dijon mustard

The how-to

Preheat the oven to 180°C and grease a medium-sized pie dish (about 20cm wide) or a standard muffin tray. Heat the olive oil in a frying pan over medium heat and fry the spring onions for 4-5 minutes, or until they've softened. Add the spinach and stir until it has wilted.

Remove the pan from heat and add the remaining filling ingredients, except the cheese (if you're using a muffin tray, add the cheese too). Stir gently to combine, then spoon the mixture into the pie dish, spreading evenly, and sprinkle over the cheese.

For the eggy custard, whisk the eggs and milk together. Whisk in the pepper and mustard, and pour the egg mixture over the filling. Bake for 25-30 minutes, or until set and lightly golden.

Extracted from *Home. Food From My Kitchen* by Sarah Graham (Struik Lifestyle, R260); Photography: © Penguin Random House/Warren Heath



TIP!
Berries are high in antioxidants, which help keep skin looking youthful. Add a handful to breakfasts and desserts.

SERVES 4

Plum parfaits

Don't panic and don't run away! A parfait is nothing but a fancy French word for a layered dessert (usually involving eggs and cream). And this is only a 'kind-of' parfait in that it's layered prettily into glasses with lashings of luxurious double-thick Greek yoghurt, and requires no more kitchen competence than usual.

What you'll need

2 cups fresh plum pieces, skin on (alternatively use frozen berries)
⅓ cup warm water or apple juice
2 tbsp honey or sugar (or more, to taste)
1 tsp clementine or lemon zest
1 cup double-thick Greek yoghurt
⅓ cup good-quality granola

The how-to

Add the plums, water and honey or sugar to a medium-sized saucepan over medium heat, and gently simmer until the plums are soft and can be mashed easily with a fork.

Stir through the citrus zest and serve once cooled, or store in an airtight container in the fridge for up to five days. To assemble, divide and layer the ingredients as follows into pretty glasses: yoghurt, plum compote, granola. Then serve. ▶





SERVES 6

Spicy baked eggs with chorizo and beans

Got a crowd of friends coming over for a home-cooked brunch? This brilliant meal hits all the right notes for lazy weekend eating: an undemanding yet impressive dish full of bold flavours and bright punches of freshness from the herbs. And let's not forget about the deliciously sticky melted cheese!

What you'll need

1 tbsp olive oil
2 red onions, peeled and roughly chopped
200g chorizo sausage, or similar, sliced
2 sprigs fresh thyme
1 tsp ground coriander
1 tsp sweet paprika
1 red chilli, deseeded and finely chopped
Pinch of salt
1 large red pepper, cored and chopped
2 cups cherry or rosa tomatoes, left whole
1 tsp sugar
1 tbsp balsamic vinegar
1 clove garlic, crushed
Freshly ground black pepper
410g can white beans, drained
200g feta or goat's cheese
8-10 eggs
A handful of fresh basil and parsley leaves, for garnish
Toast or fresh, crusty bread, to serve

The how-to

Preheat the oven to 200°C. Heat the oil in a large pan (preferably ovenproof). Add the onions, sausage, thyme, spices, chilli and salt, and fry over a medium heat for 5 minutes, or until the onions have softened.

Add the red pepper, tomatoes, sugar and vinegar, and cook for another 2-3 minutes, or until the tomato skins are just starting to blister. Add the garlic and season well with freshly ground black pepper.

If your pan isn't ovenproof, transfer the mixture into a large ovenproof dish with a lid (or one that can be covered with tinfoil). Add the beans and crumble over the cheese.

Make 8-10 wells in the mixture, and break an egg into each well. Cover the dish with the lid or tinfoil and bake for 15-20 minutes, depending on how you like your eggs done. Scatter over the basil and parsley, and serve hot with toast or chunks of fresh, crusty bread.



Find these delicious breakfast recipes and more in *Home. Food From My Kitchen* by Sarah Graham (Struik Lifestyle, R260).



APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

Laager teatime is a little bit of me time.

Make your me time golden

Your Laager teatime is already a special part of your day, but how much more enjoyable would your 'me time' be if you opened your pack and found one of the 5 lucky Golden Laager Teabags that means you've won R100 000 in CASH!

Wouldn't that be something to savour, along with the 'good as gold' taste of your refreshing cup of Laager Rooibos?

What are you waiting for?
Put the kettle on and join the Gold Rush!

1194710R/Y&R

Glam Happenings

Hot spots, good vibes, great books and movies



GLAMOUR MUST-SEE

American Ultra

Jesse Eisenberg (*The Social Network*) is brilliant as Mike Howell, a stoner and small-town convenience-store cashier in this action-comedy tale with a twist. Not even Mike himself knows that he is also a highly trained sleeper agent, and when he is subconsciously activated, he and his equally unambitious girlfriend Phoebe Robinson (Kristen Stewart) become the targets of shady forces. This second movie from Iranian-British director Nima Nourizadeh is a winner and we love its pay-off line: 'There's nothing more dangerous than a stoned cold killer.'

★★★★★

Movies

FANTASTIC FOUR

For the uninitiated, the four are The Invisible Woman (Kate Mara), Mr Fantastic (Miles Teller), The Thing (Jamie Bell) and The Human Torch (Michael B Jordan). There's the usual plot about saving the planet – a prerequisite for all superhero movies – but this version boasts exceptional CGI and a very strong script.

★★★○○

ALOHA

Military contractor Brian Gilcrest (Bradley Cooper) returns to Honolulu under the supervision of fighter pilot Allison Ng (Emma Stone). He falls for her, but things get complicated when he meets up with his ex, Tracy Woodside (Rachel McAdams). The stellar cast includes Bill Murray and Alec Baldwin, and the result is a romantic comedy with just the right amount of drama.

★★★○○

"I treat a camera like a person. I gaze into it. You need to put life into photographs."
– Cara Delevingne

PAPER TOWNS

This take on the John Green novel stars supermodel Cara Delevingne as the mystery-obsessed Margo Spiegelman who befriends nerdy Quentin Jacobsen (Nat Wolff) after her boyfriend cheats on her. When she disappears, Quentin and his friends unravel the clues left behind with the help of Margo's former BFF. A beautiful coming of age film.

★★★★○

SOUTHPAW

We're suckers for a good comeback story, and in this one, Billy Hope (a bulked up Jake Gyllenhaal) is the world's reigning boxing champ with a golden life, gilded wife (Rachel McAdams) and loving daughter (Oona Laurence). A freak event costs him everything, including his manager (50 Cent), and, looking for redemption, Billy begins working at a rundown city gym with 'Tick' Willis (Forest Whitaker) – with great results.

★★★★○



"A table for four, please. We're already dressed up!" exclaimed Katie.



"Where the heck did we park the car?" asked Ally.



'I bet I'll get a visit from the tooth fairy tonight!' thought Billy.

Text: Jacqui Thompson; Photography: Gallo Images/Wire Images, Image.net by Getty









GLAMOUR MUST-HEAR

Rocks

KID ROCK
FIRST KISS

His name may still be Rock, but his rap-metal sound has given way to a more laidback approach on this, his 10th album. The vocals are killer!

KEY TRACK 'First kiss'
GET IT To rock out
✪✪✪○○

JOSH GROBAN
STAGES

Josh's theatrical background shines through in this collection of songs from great musicals, ranging from *The Phantom of the Opera* to *A Chorus Line*.

KEY TRACK 'Pure imagination'
GET IT If you love musicals
✪✪✪○○

CIARA
JACKIE (DELUXE EDITION)

This is Ciara and rapper Future's first release (and sixth album) since welcoming a son into their circle. The lead single 'I bet' hints at her feelings after their engagement fell through.

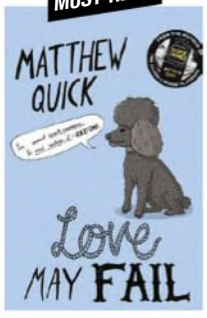
KEY TRACK 'I bet'
GET IT For a break-up
✪✪✪✪○

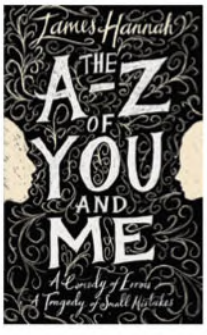
MARIAH CAREY
#1 TO INFINITY

Mariah's signature use of the whistle register has helped her score 18 *Billboard* Hot 100 number ones, more than any solo artist in history. You'll find all of those hits on this album.

KEY TRACK 'Infinity'
GET IT As a collector's item
✪✪✪✪✪

GLAMOUR MUST-READ





Reads

***Love May Fail* by Matthew Quick (Pan Macmillan, R361)**

The author of *The Silver Linings Playbook* (Pan Macmillan, R157) brings another quirky reflection on human nature. When Portia Kane's marriage to a self-obsessed pornographer unravels, she goes in search of the only man she's trusted: her old school teacher, Mr Vernon. The big question: what will she do with what she finds?

***The A-Z of You and Me* by James Hannah (Doubleday, R249)**

As Ivo lies dying in hospital, he plays a memory game with himself. Going from A-Z, he first chooses a body part and then remembers a piece of life that he has thrown away. Most of all, he remembers Mia, and how he found and lost her. Haunting and lyrical, this love story will grip you to the end.

"Read in order to live."
– Gustave Flaubert



***Sheena Duncan* by Annemarie Hendrikz (Tiber Tree Press, R295)**

The name Sheena Duncan is synonymous with the Black Sash, the famous SA women's resistance organisation of the apartheid era, and this remarkable biography traces the extent of her influence, courage and commitment to peace and justice. An inspiring read about a great local visionary.

Music reviews: Nandi Ndlovu; Book reviews: Michelle Brownlee Smith, Karen Tennent, Stacey Nel



Not for Sale to Persons Under the Age of 18.

Hot ticket

[Step **out**]

Spring is finally in the air, so let's head outdoors!



Cape Town

Charitably chic

Do you love special sartorial pieces, lucky finds and discounted designer creations? How about combining your pleasure with charities that promote literacy across SA? Because that's what Vintage, With Love is all about. This stylish sale of gently-worn, quality clothing and accessories, with a humanitarian goal has been a smash hit in Joburg, and now, for the first time, the fashionable fun is coming to the Mother City, with a mega event at 15 On Orange hotel from 11-13 September. Whether you want to donate some clothes, volunteer your time or simply attend, find all of the information on facebook.com/vintagewithlove.

WINE TIME

There's nothing quite like a day in the winelands when it comes to beautiful surroundings and dedicated deliciousness. So don't miss the Franschhoek Uncorked Festival from 26-27 September. Book your pass, which includes a tasting glass and free wine tastings for the duration of the weekend, via webtickets.co.za.

TREASURE TOMB

Seen by over 5 million people worldwide, the Tutankhamun exhibition is a rare and amazing opportunity to view an exquisite reconstruction of the Pharaoh's tomb, and to gain a deeper understanding of ancient Egypt. 'Tutankhamun – His Tomb and his Treasures' is on at GrandWest until 27 September. Visit tut-exhibition.co.za.





Joburg

Vocal adrenaline

Thanks to *Pitch Perfect*, we all know that the voice is one of the greatest instruments of all, and Voca People are living proof, with a combination of a cappella singing and beatboxing that has all the impact of a full orchestra playing. On from 2-14 September at Tsogo Sun Silverstar Casino. Book tickets via ticketpros.co.za.

HOW DO I LOOK?

Summer is around the corner, and that means easy-to-wear shirts, fresh linens and trendy shirtdresses. All of which you'll find at the Habits Joburg Trunk Show. On 9-10 September at The Wanderers Club. For more info about this two-day shopping delight, email joburg@habits.co.za.

EAT UP

Taste great wine and food, mingle with chefs, watch demos or even cook a dish or two at this year's Taste of Joburg. Vibey and fun, it's sure to whet your appetite! On from 24-27 September at Montecasino. For more info and tickets, visit tasteofjoburg.com.

G FOR EVEN MORE EVENTS, CHECK OUT GLAMOUR GUIDES AT **GLAMOUR.CO.ZA**.

Nationwide

The art of dance

The great choreographer Alvin Ailey revolutionised dance with his talent and activism on behalf of African American dancers, so don't miss the chance to experience his magnificent legacy when the New York company he founded performs at Joburg's Montecasino Teatro from 3-13 September and Cape Town's Artscape from 16-20 September. Book via computicket.com.





HAPPY DAYS

We love his style, his songs, his voice, his hats, his dedication to the environment… the list just goes on and on! And the king of cool, also known as Pharrell Williams, will be performing two shows while he's in SA for his collaboration with Woolworths on the 'Are You With Us?' campaign. In Cape Town on 21 September at the Grand Arena, GrandWest, then in Joburg at Ticketpro Dome on 24 September. Book your tickets early via bigconcerts.co.za.

EAT, DRINK AND BE MERRY

Can you believe that Madame Zingara is in its 15th year of wildly inventive entertainment? It's a milestone worth marking, and that's the reason for 'The Celebration', complete with custom-built Belgian palace, five-course dinner and incredible talent. On until 26 September at the Grand Parade, Cape Town and at Joburg's Montecasino until 31 December. Book via boxoffice@madamezingara.com.



Durban

Rock on

Headbanging, flamboyant costumes and diva behaviour are the order of the day as Rock Royalty barrels onto stage at the Barnyard Theatre, Gateway. From 1 September-11 October. Book via barnyardtheatre.co.za.

I'LL DRINK TO THAT

A festival devoted only to pinotage… we're in! Diemersfontein Pinotage on Tap takes place on 19 September at The Litchi Orchard in Salt Rock. Go for the live music and the scrumptious lunch, which is paired perfectly with the wine of the moment. You'll also get the chance to taste the original coffee chocolate pinotage straight from the barrel. Sound like fun? Book via computicket.com.

IN NEXT MONTH'S ISSUE



FASHION

All the latest trends for the most iconic fabric of all: denim!

LOVE

"I found the best love coach ever... and he's my dad!" Plus, when work romances go wrong.

BEAUTY

From tackling pigmentation problems to picking your perfect cover-up, we've got your guide.

LIFE

"My boyfriend has a drinking problem. What should I do?"

Text: Staci Lazarus; Photography: Ilani Vonk Photography, Vincenzo Grillo/IMAXtree.com, SC Exhibitions, Yannick Lebrun and Gen Allen Sims in Alvin Ailey American Dance Theatre. Photo by Andrew Eccles

G spots

[Beautiful] bistros]

Good food, inviting vibe... a bistro is the place to be.



Joburg

SOPHIA'S BISTRO

Illovo Square, 3 Rivonia Rd, Illovo; 087 550 9170

This gorgeous, intimate spot – complete with live music – is a perfect date venue. The meze platter (R120) is designed to be shared, and the renowned lamb shank (R179) is simply wow. To end, we recommend the crème brûlée (R45).

TORTELLINO D'ORO

Oaklands Shopping Centre, cnr Pretoria and Victoria St, Oaklands; 011 483 1249

A Jozi institution, this charming, family-run restaurant serves great food in a cool setting. You'll blow some budget, but it'll be on quality, like a fresh caprese salad (R145), superb porcini and ricotta ravioli (R115) and rich gelato (R55) to die for.

RIVERSIDE CAFFÉ & BISTRO

Riverside Shopping Centre, cnr Bryanston Dr and River Rd, Bryanston; 011 463 9346

A chilled vibe, white interior and excellent menu make for a fabulous neighbourhood spot. Try the veal parmigiana topped with creamy brandy mushroom sauce (R140), and be sure to save space for their famous Russian chocolate cake (R57). It's worth every kilojoule, promise!



Durban

CHEZ NOUS

Westville Junction, 31 Westville Rd, Westville; 031 266 7011

If you like to enjoy wholesome fare in a casual and welcoming environment, Chez Nous is for you! Go for the starter of Louisiana prawns baked in a cheese and white wine sauce (R58), and the chicken and prawn curry (R95) for mains.



LOLA'S COFFEE SHOP

Coastlands Hotel, 329 Umhlanga Rocks Dr, Umhlanga Rocks; 031 828 7011

Friendly staff, cute decor and amazing coffee (like the large cappuccino; R21) make Lola's a must. We suggest the Cajun chicken and peppadew tramezzini (R55) or the cream cheese and smoked salmon sandwich (R65). PS Say yes to the cake pop with ice cream (R30).

THE DELISH SISTERS

The Litchi Orchard, Seaforth Ave, Ballitoville; 032 815 0413

This welcoming little eatery offers an excellent lunch harvest table (R20 per 100g), with choices like slow-cooked pork belly, pea and mint falafel, and roasted aubergine, caramelised onion, bacon and Camembert quiche. Delicious!

Cape Town

CON BRIO BISTRO

2 Deer Park Dr W, Vredehoek; 021 461 9957

A newbie on the Cape Town restaurant block, Con Brio offers brilliant service, green surrounds and a laidback, family feel (it's child-friendly, too). Then there are the mouthwatering offerings from head chef Edward Serfontein, including crispy filo parcels stuffed with mushrooms, Taleggio cheese and butternut (R42), tender roasted pork neck (R50) and the beef strip stack (with an Irish potato cake; R55).

DEAR ME

165 Longmarket St, CBD; 021 422 4920

Picturesque, well located and ideal for a late breakfast or lazy lunch, Dear Me serves delectable food, with the advantage of options for all sorts of dietary requirements, including vegan, vegetarian, gluten-free and lactose-free. Start the day with the eggs Benedict with bacon (R72), and then move on to our favourite dish: the chicken curry (coconut milk, rice, naan, pineapple pickle, raita and salsa; R110).

HELLO SAILOR

86 Lower Main Rd, Observatory; 021 447 0707

Popular with students, locals and young professionals alike, Hello Sailor is all about good, unpretentious food and a relaxed, fun atmosphere. They are best known for their ribs (R110), which are saucy and tasty, but don't discount the gourmet sandwiches. Our top pick? The French Trucker Steak Sandwich (thinly sliced steak, mustard mayo, cherry tomatoes, caramelised onion and brie; R70).

Text: Chelsea Foord Micklewood, Jenna Shevel, Karen Tennent; Photography: Domenic Gorin at Infinity Studios

G CHECK OUT 'GLAMOUR GUIDES' AT **GLAMOUR.CO.ZA** FOR MORE SPOTS.



"What inspires me" by fashionista Trevor Stuurman

The cool kid shares his passion for photography, film and fashion.

Photographer, film-maker, stylist, social media presence and blogger – Trevor Stuurman is surely a man on a mission.

As a boy growing up in Kimberley far from the options and stimulation of large cities, he made his own stylish entertainment, staging shoots with friends and posting them on Facebook. Those early efforts really paid off, and his natural instinct for social media has since earnt him 22.1 thousand Instagram followers (@trevor_stuurman).

Then there's Trevor's interest in movies, beginning with his 2011 move to Cape Town to study film at AFDA. Last year, he spent eight weeks on an exchange programme in Los Angeles, and he has a new film project in pre-production.

On the fashion front, Trevor has styled Spoek Mathambo's 'Zombie' video, appeared in the Woolworths autumn/winter campaign and been invited to attend the June menswear trade show, Pitti Uomo, in Florence, Italy. But perhaps the greatest indication of his fashion flair is his own wardrobe. Read on to discover more.

↓ MY NUMBER-ONE DESIGNER

I adore MaXhosa by Laduma. He's the present and future of African design!





MY FAVOURITE RESTAURANT

↑ When I'm in Joburg, I enjoy dining out at Flames at the Four Seasons Hotel in Westcliff. The view is unbelievable and the service is world class. In Cape Town, I enjoy Marco's African Place – the food there always reminds me of home.

WHY I LOVE PHOTOGRAPHY

Photography has enabled me to see the world and, in turn, it has shaped my own world.



← MY BEST CITY

It has to be Kimberley, because home really is where the heart is.

↓ MY ULTIMATE DIRECTOR

Sara Blecher is incredibly talented. She directed *Ayanda and the Mechanic*, the first feature film I worked on after film school.



WHAT I LOVE ABOUT MOVIES

Movies are magical, and I find that magic amazingly powerful.



CHU SUWANNAPHA

↑ MY STYLE ICON

Locally, I like Chu Suwannapha's style (he launched his menswear line this year), and internationally, it's undoubtedly Pharrell Williams.



THE GADGET I CAN'T LIVE WITHOUT

My Canon 5D, of course!

Research: Nandi Ndlovu; Photography: Ulrich Knoblauch, Simon Deiner/SDR, Fairchild Archive



LIBRA 23 SEPT-23 OCT

Karma and money appear

Your ideas about wealth are set to change in a big way, and the relationship between your own money and that of others will be brought into focus. Karma will show up, especially if there has been selfishness or dishonesty in the past. Be extra careful with other people's funds from 17-18 September. Single? There's a strong chance of romance at work, where you'll be in the spotlight and delivering impeccable service. If you're involved, you'll be showered with love, and the better you do professionally, the more impressed your partner will be.

SCORPIO 24 OCT-22 NOV

Heavenly times ahead

What a top time for you! Your social, romantic and sex life will peak, and this is the time to get set for fun. Accept all invitations and arrange get-togethers as you'll attract friends and admirers by the dozen. If you're involved, turn up the charm and remind your partner of your appeal, especially in the week of 14-18 September. Your work is well starred, with favourable partnerships and good corporate deals, and you're likely to gain financially. You may also want to start a new, inspiring hobby as artistic enterprises will attract you.

Virgo

24 AUG-22 SEPT

YOUR YEAR AHEAD If you are a Virgo, like Beyoncé (4 September 1981), this is the year to focus on your dreams for happiness. Opposites attract in love, and this will be a time for healing romance. At work, tasks will be easier and you, more efficient. Mid-October brings great intellectual productivity. Organise your finances and watch your personal credit. Your nervous system is always vulnerable, so take care of your diet and stress.

YOUR MONTH AHEAD *Have fun getting fit*

Your planet Mercury is in retrograde from 18 September-8 October, so expect miscommunication and know that things will normalise after this. Be wary of cosmetic procedures until after 4 October. On the love front, you will attract someone in the medical, health or sports field, and if you're involved, start exercising together as this will enhance your bond. Work will involve many legal papers. Check the fine print.

SAGITTARIUS 23 NOV-21 DEC

Your horizons expand

Since August your life has altered dramatically, and your creativity and personal brand have grown. Now apply these advantages to being of service to others, especially if you work in media, health, philosophy, religion or teaching. You'll enjoy seeing others benefiting, and 11-13 September are especially well starred for strong work. If you're involved, you'll be the dominant one in your relationship and will spend intellectual time with your partner. If you're single, you may find a mate at work or in a book shop. Your money is doing well, too, thanks to structuring your finances.

CAPRICORN 22 DEC-20 JAN

Look for the love you crave

This month you'll go out of your way to find love, and since the rest of your life is well under control, it's important to fulfil this emotional need. If you're single, the stars predict the appearance of a new partner, someone who has a child or is looking for someone with whom to have a child. And if you're already coupled up, there'll be discussions about having children. Inspiration comes to you and you'll be efficient at work. Set 1-18 September aside for big meetings and projects, and take time to think about your goals and desires for the future, and how you'll invest in them.

AQUARIUS 21 JAN-18 FEB

Originality brings success

Your finances are looking excellent and all the effort you've been applying to your career will be noticed and appropriately rewarded. Your work also requires some extra innovation at this time, and this chance for self-expression will bring you new energy in return. If you're in a relationship, loyalty will prevail and sexy times will abound. Just watch out for bossiness – it could come from either one of you! If you're single and searching for a partner, dress up (try wearing just a touch of red), hit the trendy spots in town and mingle. The best days to go out on the prowl for love and pleasure are 9-10 September. Just be safe.

PISCES 19 FEB-20 MAR

Make time for fun

The stars are allowing you to play with your money, so have fun and go on a shopping spree! Just make sure that your free-spirited nature doesn't distract you from your professional priorities, and give your best at work. Your stress levels may be high at this time, so take extra care of your health. Love wise, marriage will be on your mind, and 14-15 September will be good days to discuss a permanent commitment with your partner. If you're single, you'll crave a serious relationship and emotional connection.

ARIES 21 MAR-20 APR

Enjoy an energy boost

Your energy and initiative around your domestic and business goals will increase this month, and this will also be a brilliant moment to embark on self-improvement via exercise, sport or DIY projects, particularly around 28-29 September. You may very well rearrange your home or move house, and you'll also be focused on making money and raising your professional profile. In love, you'll be more open with your partner and, if you're single, you'll find that you're tired of playing games and are looking for the real deal.

TAURUS 21 APR-21 MAY

Be resourceful

Money will be made available for your health and lifestyle, and you'll feel adventurous about food and love. If you're involved, use this time to go away with your mate. Single? You'll want to meet someone who takes you on new journeys, both intellectual and literal. Try outdoor activities or classes in meditation or yoga as you may very well find that person there, especially around 19-20 September. Your work will be action-packed, so bring your resourcefulness to projects, speak up and let your ideas be known.

GEMINI 22 MAY-21 JUNE

Put family first

Home and family will be your chief concerns this month, and this should include reviewing the medical-aid plan for yourself and your family. Take care of your body and join a gym, especially around 12-13 September. You may want to start a work project at home at this time, and if you're in a relationship, you can rest assured that your partner will support you in this, financially and emotionally. For singletons, look for someone ambitious and self-reliant, and know that you may meet at work or in a medical or health-related situation.

CANCER 22 JUNE-22 JULY

Let love rule

This is an excellent moment to request financial support from your bank, your boss or someone influential, especially if women are involved. You'll find yourself fortunate if you're looking to fund higher education or travel, and these can in turn lead to better prospects for your work and money. If you're involved, your love for your partner will be intense and your sex life sizzling. The only warning is to guard against jealousy. If you're single, 17-18 September is a fortuitous time to find a mate, and beaches, pools and bars will be lucky places to look.

LEO 23 JULY-23 AUG

Take time to shine

Your salary will be your primary focus, and you may be contemplating getting a job in media, advertising, publishing, clothing, food or health. If you're setting up interviews and meetings, schedule them for around 9-11 September. In a relationship? Your partner will be treating you like a queen, and you'll reciprocate and feel proud to be with them. If you're single, get set for a good time! You'll find yourself with lots of suitors, as you're especially radiant and attractive at this time. Want to raise your confidence levels? Wear gold!



If he's a Virgo, like the gorgeous Chris Pine (26 August 1980), he's shy, precise, serious about work and obsessed with health. His ideal woman is groomed and ladylike, and able to encourage him out of his shell. Scorpios and Cancerians are wonderful matches. Pisceans intrigue, and Capricorns, Taureans and other Virgos understand him. Leos, Librans and Geminis make for great friendships, but Sagittarians and Arians are too fiery for his nature, and there is scant connection with Aquarians.

Text: Leigh Goldberg; Photography: Gallo Images/Wire Images

Email goldastrology@gmail.com for your personal reading by our fabulous GLAMOURscope writer Leigh Goldberg.

The get it guide!

A-List 021 422 4844
Accessorize 021 425 7701
Afraid of Mice 021 423 7353
ALDO 011 884 4141
American Swiss 021 938 7510
Arthur Kaplan 011 699 5600
Babette 021 424 4457
Bloss & Co 011 327 1278
Call It Spring 011 784 1597; 021 418 2491
Charis Dawson 072 493 9877
Charles & Keith 021 938 1217; 021 937 4686
Clive Rundle 011 880 3839
Cloth & Steel 083 303 0979
Colette by Colette Hayman 087 808 0080
Cotton On 011 268 3700
Edgars 086 069 2274
Errol Arendz 021 461 1385
Fashion Express 086 010 1048
Forever 21 021 555 3324
Forever New 011 447 9468; 021 419 4552
Fortune 021 557 8920
Foschini 086 010 4764
Fromanteel 021 421 0184
Georgini 086 199 9771
GUESS 011 883 8391; 021 674 0924; 031 566 3282
Habits 021 671 7330
Ida Elsje 021 424 1101
Karen Millen 011 784 2737
KLûK CGDT 083 377 7780 (CPT) 083 377 7730 (JHB)
Leigh Schubert 071 679 9953
Legit 080 020 3925
Little Birdie 082 849 8815; 076 537 7284
Luella 011 777 2690; 021 529 3146; 031 583 6263
Luxottica 021 486 6100
Mango 011 783 7907
Mr Price 080 021 2535
Mungo & Jemima 021 424 5016
Nina Jarebrink nina@jarebrink.com
Pandora 011 706 2377; 021 555 3175
River Island 086 069 2274; 011 788 5530
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Thomas Sabo 011 089 6000
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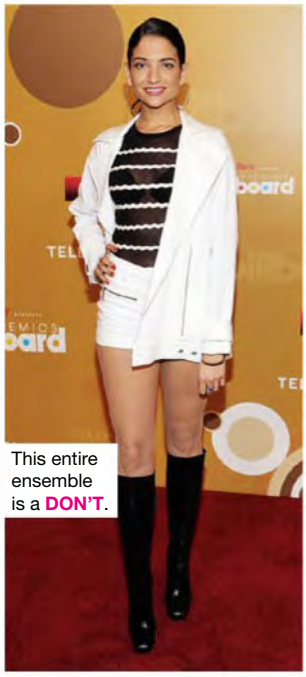
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DO use simple colourblocking to streamline your silhouette.

Lisa Maree, we really **DON'T** know what's going on here!





This entire ensemble is a **DON'T**.



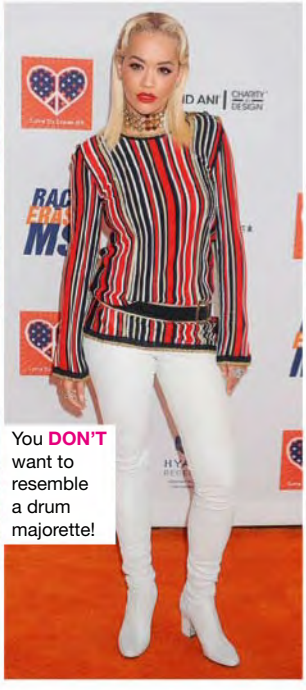
Joan Smalls' pins **DO** look incredible in these skinnies.

The DOs and DON'Ts of White denim

When white goes right... and wrong.



DO go grunge.



You **DON'T** want to resemble a drum majorette!



A little '70s, a lot of **DO**.

Photography: Gallo Images/Getty Images, Gallo Images/Wire Images

CHECK OUT MORE CELEBRITY FASHION DOS AND DON'TS AT **GLAMOUR.CO.ZA**.

16 Things not to think about while having sex



1. "I'm still wearing my socks… I'm still wearing my socks…"
2. "Um... is he still wearing his socks?"
3. "Oh no, I just spent ages making the bed!"
4. "I'm missing an episode of *Downton Abbey*."
5. "Hmm, I wonder if Geraldine has ever tried out this move."
6. "He looks a bit like a weasel from this angle."
7. "Is gluten-free even a real thing?"
8. "And what about wheat intolerance? Oh yuck... yeast."
9. "Totally weird – her boobs are lopsided."
10. "I could really do with a cup of tea right now."
11. "He sounds a bit like a tractor starting."
12. "Did I remember to put dishwashing soap on my shopping list?"
13. "Gosh, I'm feeling just a bit sleepy."
14. "It was so different with Sebastian."
15. "I'm actually very, very hungry."
16. "I really hope that he remembered to take out the rubbish."

And 7 things we love to think (often!)

"Wow, I look really great from this angle."

"Wow, he looks really great from this angle."

"That's a good trick."

"Oh yes, that's definitely the spot!"

"Yup, he's definitely going to call."

"This is the most romantic, perfect moment ever."

"My life is wonderful!"

Additional text: Nandi Ndlovu; Photography: Peopleimages.com

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